

**Danville Parks, Recreation & Tourism**

# City Currents

***A User's Guide to the City's Parks, Recreation and Tourism Services***

**FALL 2010**

**September, October & November**

**Hit the Trails • Canoe the Rivers • Enjoy the Outdoors**



***Come out and play!***  
***[www.playdanvilleva.com](http://www.playdanvilleva.com)***

- \*Plenty of After School Activities  
to keep everyone safe, busy & happy***
- \*Lots of Choices to Stay Healthy & Fit***
- \*New Improvements & Facilities  
at Anglers Park!***

## Director's Message

### Fall is here.

Like many of you I have a dog, actually I have two dogs and these two dogs are totally different from one another. Both are Labrador Retrievers, the male is a large dog who loves to swim and retrieve like a lot of labs. He is also a very concerned dog...he worries, you can see it in his face. Fortunately for him he has the attention span of a gnat so his worries don't last too long. The female, Daisy Mae, on the other hand doesn't have a care in the world. She lives life in the moment. I really think her mantra is "if it seems like a good idea right now, it must be a good idea." Sometimes she learns the hard lessons that come along with following your nose. Like the time biting a bee seemed like a good idea or the time jumping off of the boat seemed like fun. These two dogs are like you and I in so many ways. I can see a little bit of myself in both of them. I think when I was a little younger I was a bit more like Daisy Mae; I was more apt to "follow my nose." And sometimes I learned the lessons of life that came along with that way of thinking.

I hope all of you in the spirit of the fall season will take a little spiritual guidance from our little Daisy Mae and live life. Your Parks, Recreation and Tourism Department has developed this catalogue of programs with you in mind. There is something new in here that you have never tried, even though you may have always wanted to. There is something in this catalogue that you have tried once before and have always thought about trying it again. There is something in this catalogue for everyone...even dogs.

Daisy Mae will tell you, if you are not having fun, barking out loud and wagging your tail, well then you're just not living. So wag your tail this fall and try something new. See what your Parks, Recreation and Tourism Department has to offer and register online at [playdanvilleva.com](http://playdanvilleva.com).

Happy Fall,

**BILL SGRINIA, DIRECTOR**  
Parks, Recreation and Tourism.

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## Ways to stay in touch with Parks, Recreation & Tourism

### Join us on City-TV 20 *City Currents* TV Show

The *City Currents* TV Shows highlight a variety of departmental offerings, opportunities or even ideas for you to enjoy during your leisure. Also follow the healthy eating tips and exercise and fitness tips provided on City-TV 20. City-TV 20 *City Currents* Show Schedule:

Mondays - 9:30am and 8pm  
Wednesdays - 9pm  
Thursdays - 8:30pm  
Saturdays - 12noon  
Sundays - 8:30am and 5pm

You can also view the *City Currents* TV Show by going to [www.playdanvilleva.com](http://www.playdanvilleva.com) on the Parks, Recreation & Tourism website.

## Receive the Department's e-Newsletter from Recreation Rex

Stay up to date on what is happening in Danville. Subscribe today to the Department's bi-monthly *City Currents* e-Newsletter. Twice per month you will be emailed information on current programs, activities, special events or new projects. This newsletter will keep you informed and a couple times a year you will receive "Special Editions" highlighting one particular program or event. To subscribe, email [RecreationRex@ci.danville.va.us](mailto:RecreationRex@ci.danville.va.us), or send comments, suggestions or questions.

## Tune into *What's Up Danville* TV Show - What's Happening In Danville...

For an updated list of events and happenings in Danville, visit the Danville Tourism website: [www.visitdanville.com](http://www.visitdanville.com) For brochures or other information about Danville area attractions, events, hotels, and happenings contact the Danville Welcome Center at 434.793.INFO (4636) or drop by 645 River Park Drive, Danville (located just off the 29 Bypass across from Dan Daniel Memorial Park.) Yet another way to stay informed is to catch the *What's Up Danville* TV Show that airs on City -TV 20 as follows:

Monday, 6:00 pm & 9:30 pm  
Tuesday, 10:30 am & 6:00 pm  
Wednesday, 6:00 pm & 10:00 pm  
Thursday, 6:00 pm & 9:30 pm  
Friday, 6:00 pm & 8:30 pm  
Saturday, 1:30 pm  
Sunday, 6:00 pm

## Go to the Department's Website at [playdanvilleva.com](http://playdanvilleva.com)

Here you can download a copy of the quarterly *City Currents Program Guide* or current information on facilities, special events, concerts, etc. Also by using the Department's ActiveNet System you can register for programs and activities online or find out the availability of facilities.

## Call us at our Main Office

We can help direct you to the place or staff person you need to speak with. Our Main Office is located at 125 N. Floyd Street, Danville or call (434) 799-5200.

## Our Mailing Address is:

Danville Parks, Recreation & Tourism,  
PO Box 3300, Danville, VA 24543

## COMMUNITY RECREATION DIVISION

### Preschool Programs

Unless otherwise specified to get more information about these programs or to register call (434) 797-8848

To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to

[playdanvilleva.com](http://playdanvilleva.com)

#### Ages 2 – 5

##### Creation Imagination - #1961

Join us for a morning of stories with your own child's special spin. We will begin with one of the "classic" stories, then through art, crafts and songs, give your little one the opportunity to finish the story in his/her own way. This class will be held Tuesday mornings, 11:00 – 11:45am, at the Pepsi Building, beginning September 7. The fee for the 4-week class is \$10 for City Residents, \$15 for NCR. **All participants must pre-register. For more information, please call (434) 797-8848.**

##### Fly into Fall - #1962

Allow your little one to explore fall through art, stories, math and science. Learn about changing weather, falling leaves, animals getting ready for winter while making your very own fall book. This class will be held Tuesday mornings, 11:00 – 11:45am, at the Pepsi Building, beginning October 5. The fee for the 4-week class is \$10 for City Residents, \$15 for NCR. **All participants must pre-register. For more information, please call (434) 797-8848.**

##### Colors of the Rainbow - #1963

Introduce your child to the colors of the rainbow. Each week, we will focus on a different color through art, music and games. This class will be held Tuesday mornings, 11:00 – 11:45am, at the Pepsi Building, beginning November 2. The fee for the 4-week class is \$10 for City Residents, \$15 for NCR. **All participants must pre-register. For more information, please call (434) 797-8848.**

##### Wee Sports & Games - #1964

This exciting class includes fun, sports activities and group games designed to help your child develop their cognitive and motor skills through kicking, running, throwing, and social interaction skills. Each week, your child will play a different sport or game. This class will meet at the Coates Recreation Center on Tuesday afternoons, 1:00-1:45pm, beginning September 14. The fee for the 6-week class is \$15 for City Residents, \$22.50 for NCR. **All participants must pre-register. For more information, please call (434) 797-8848.**



##### Coffee and Crayons - #1965

Join our staff for a morning packed with creative fun for your kids and an opportunity for you to network with other parents. During the hour long program, enjoy a variety of free play activities, art and music... plus enjoy a beverage on us! Parent participation is required. This program will be held on Tuesday mornings, from 9:00 – 10:00am, at the Danville City Auditorium. The cost is \$2 per visit for city residents, \$3 per visit NCR. **All participants must pre-register. For more information, please call (434) 797-8848.**

- #1966 Session 1: September 14
- #1967 Session 2: September 28
- #1968 Session 3: October 12
- #1969 Session 4: October 26
- #1970 Session 5: November 9

#### Ages 3-5

##### Koates Kids - #1972

Let Brenda Petty introduce your preschool child to colors, letters, numbers and shapes. Social interaction is developed in preparation for school. Brenda has taught this class for many years and has helped many youngsters prepare for school. This program will be held at the Coates Recreation Center on Tuesdays and Wednesdays, 9:30am – 12:30pm, beginning September 7. The class fee is \$14 per week for City Residents and \$21 per week, NCR. **All participants must pre-register. For more information or to register, please call (434) 797-8848.**



## Preschool Programs

##### Curiosity Corner Play Days - #1973

Allow your preschooler to spend Thursday mornings making crafts, playing games and having fun. This class begins September 9, from 9:30am – 12:30pm. Cost per day is \$7 for City Residents and is \$10.50 per day, NCR. **All participants must pre-register. Call (434) 797-8848, for more information or to register.**

##### Jumping Jacks - #2048

Preschoolers, 3 - 5 yrs! Join us at Coates Recreation Center every Friday morning from 10:00 am – 12:00 noon for an exciting time playing and singing energetic musical games and exercising in our gym, which aids in the development of large and small muscles. You will learn tumbling techniques, mini-soccer, mini basketball, mini-cheerleading and much more! Cost: \$5/CR; \$7.50/NCR. **For more information and to register please call Coates Recreation Center at 799-6564.**

##### Tumblin' Tots - #1974

Introduce your child to tumbling, stretching, flexibility and other basic movement skills. The class is designed for two and three year old children, but siblings up to five years old are welcome. We invite parents to join their children on the mats. The classes are held at the Coates Recreation Center on Saturdays, beginning September 11, from 9:30 – 10:15am. The fee for the 6-week class is \$15 for City Residents, \$22.50 for NCR. Registration begins August 23. **All participants must pre-register. Call (434) 797-8848 to register.**

##### Sporties For Shorties, Just For Kicks - #1975

Does your child love to imitate their favorite soccer star? Would your little one like to learn how to dribble and pass a ball and score some goals? During this 6-week class specifically designed for little ones, give them the opportunity to learn basic soccer skills. Children must be age three to participate. Parent participation is requested. The classes will be held at the Coates Recreation Center on Saturdays, beginning September 11, from 10:30 – 11:15am. The fee for the 6-week class is \$15 for City Residents, \$22.50 for NCR. Registration begins August 23. **All participants must pre-register. Call (434) 797-8848 to register.**

##### Two, Four, Six, Eight ... Preschool Cheerleading is Great!!! - #1976

In this fun and movement-filled 6-week class, pre-schoolers will learn basic cheers and movements. All children must be age three to participate. We do ask that the parents please be ready to participate. The classes are held at the Coates Recreation Center on Saturdays, beginning September 11, from 11:30am – 12:15pm. The fee for the 6-week class is \$15 for City Residents, \$22.50 for NCR. Registration begins August 23. **All participants must pre-register. Call (434) 797-8848 to register.**

## Preschool Programs

### Mom's Afternoon Out - #1977

Join our staff for an afternoon of fun, learning experiences through singing, dancing, arts, crafts and free playtime. Play and learning help increase social development, self-esteem and independence. The program will be held Thursday afternoons, at the Coates Recreation Center, from 12:30 - 2:30pm. The class fee is \$6 per day for City Residents and \$9 NCR. **All participants must pre-register. For more information, please call (434) 797-8848.**

- #1978 Session 1: September 16
- #1979 Session 2: September 30
- #1980 Session 3: October 14
- #1981 Session 4: October 28

### Silly Saturdays - #1982

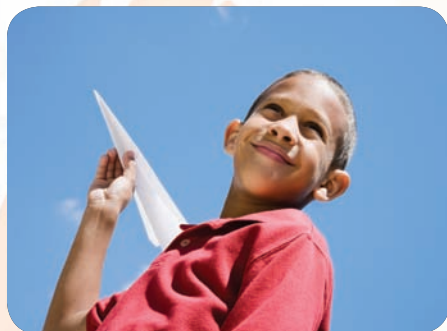
Do you work outside of the home and miss out on daytime fun with your child? During this 4-week program, here's your opportunity to paint, play, create, sing songs and enjoy free playtime with your little one. The classes are held at the Coates Recreation Center on Saturdays, beginning October 23, from 9:30 - 10:30am. The class fee for the 4-week class is \$15 for City Residents, \$22.50 for NCR. Registration begins October 4. **All participants must pre-register. Call (434) 797-8848 to register.**

### Barnyard Bash - #2009

Moo, Baa, and Oink-Oink! Old McDonald had a farm, but Glenwood Community Center is having the Barnyard Bash! On November 13, this barnyard themed party will have you and your child singing, playing games, and creating an animal craft to take home. We will read a story and even have a yummy farmer's treat! The children are encouraged to dress up as their favorite barnyard animal. This program is for children 3 to 5 years of age and will be held on November 13 from 2pm - 4pm. The cost per child is \$6.00; adults are free. **For more information please call Glenwood Community Center at 799-6469 or e-mail [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)**

### Special Events

For information and details on other Special Events for children check out the Special Event section of this issue of City Currents on page 28.



## Children's Programs Ages 5-12

### After School • School Break Sessions • School Holidays

#### After School Enrichment Programs

Danville Parks, Recreation and Tourism will be conducting programs at the following schools through the end of the school year. Flyers will be distributed to the students at their respective schools. Programs will include arts, crafts, sports, board games, and many other enrichment activities. Watch for flyers to be sent home from school to announce and register for these programs. **Contact the staff at Coates Recreation Center at 799-6564, for additional information for the following schools:**

- **Woodberry** - Mon. 3:00-4:30pm #2056
- **Taylor** - Tues. 3:00-4:30pm #2055
- **Woodrow Wilson** - Tues. 3:00-4:30pm #2054
- **GLH Johnson** - Wed. 3:00-4:30pm #2053
- **Park Ave** - Thurs 3:15-4:45pm #2052

**Contact the staff at Glenwood Community Center at 799-6469, for additional information for the following schools:**

- **Glenwood** - Mon, 3:00-4:30pm - # 2034
- **Schoolfield** - Tues, 2:30-4:00pm - # 2035
- **W. Townes Lea** - Weds, 3:00 -4:30pm - # 2036

#### After School Adventures

Parents do you need a safe and fun place for your children to go after school, somewhere that they can get help with their homework and have a good time too? Well Coates Recreation Center is offering that opportunity. Coates is going to be offering an after school program Monday through Friday for children ages 6-12. Children will work on their homework and also do crafts, games, sports, etc., and a snack and drink will be provided. The cost for this program is \$7 a child per day. **The program meets after school each day that school is in session until 5:30pm. Transportation to either the Coates or Glenwood sites could be provided from other schools depending on the interest.**

- **Coates** #2049 - For more information call 799-6564. (Children from Park Ave will ride the bus right to Coates Recreation Center.)
- **Glenwood** - # 2031 - Call 799-6469
- **Schoolfield** - # 2032 - Call 799-6469
- **Forest Hills** - # 2033 - Call 799-6469

### Fall Break Camp for Year Round Schools

Parents, do you need something for your children to do over fall break? We have planned a fun and exciting time for them during their break. Children will be supervised and entertained the entire time. This is a good chance for them to enjoy their break from school by playing games, making crafts and just having a good time. **Early drop off and late pickup is available for an extra fee, cost for the camp is \$50/ City and \$65/NCR. Camp will be held October 18-22 from 8:30am-4:30pm. Payment required by October 15.**

- **Glenwood Community Center** - # 2010 - Call 799-6469 for more information and to register or e-mail: [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)
- **Coates Recreation Center** - #2027 - Call 799-6564 for more information and to register or email: [coatesrec@ci.danville.va.us](mailto:coatesrec@ci.danville.va.us)
- **Stonewall Youth Center** - # 2144 - Call 773-8242, for more information and to register

### Fall Intercession Camps for Year Round Schools

Parents are you looking for your child to spend the rest of their day with supervised fun and activities? Staff will conduct an afternoon of fun and challenging activities on intercession afternoons. Children will need to be pre-registered and prepaid. Late pick up is available until 5:30pm, for an additional fee. A snack and drink will be provided. Camp will be held October 4-15 for children ages 5-12. **Cost is \$45.00 a week or \$8 per day. All participants must register with payment by October 1 to ensure sufficient participation.**

#### Locations and Times

- **Taylor**, 1:30-5:00pm (#2051) - for details call 799-6564
- **Woodrow Wilson**, 1:30-5:00pm (#2050) - for details call 799-6564
- **Glenwood Magnet School** (held at Glenwood Center), 1:30-5:00pm (# 2137) - for details call 799-6469
- **Schoolfield Academy**, 12:30-5:00pm (# 2138) - for details call 799-6469

### Thank Goodness No School Day (TGNS)

Thank Goodness No School! Are you looking for something to do when school is out for on November 2? Come to Glenwood Community Center to enjoy crazy games and fun crafts. An afternoon snack will be provided, but children are responsible for bringing a lunch. **Cost for the day is \$10. This is a good day to burn off some of that extra energy!**

- **Glenwood** - #2139 - For details call 799-6469
- **Coates** # 2143- For details call 799 - 6564
- **Stonewall** # 2142 - For details call 773-8242

### Thank Goodness No School Day (TGNS)

TGNS! Are you looking for something to do when school is out for half a day on November 24? Come to one of our sites to enjoy a fun-filled day of crazy games and crafts. Participants must bring snacks and if needed a lunch for the day. These are good days to burn off some of that extra energy! **The cost is \$8.**

- **Schoolfield** - #2014 - For details call 799-6469
- **Glenwood Community Center** - #2015 - For details call 799-6469
- **Coates** - #2134 - For details call 799 - 6564
- **Stonewall** - #2135 - For details call 773-8242

### Homework Hour - #2058

Boys and girls, ages 5-12, do you need some after school help with your homework assignments? Stonewall Youth Center staff will assist you Monday - Wednesday, 3:15-4:30pm, September- November. **No cost for city residents and \$2.00 NCR. Bring your books and settle in with us! For more information or to register, please call the Stonewall Youth Center at 773-8242**

### Stonewall Youth Center Afterschool Fun - #2059

Children, ages 5-12, can spend after school with us here at the Stonewall Youth Center. There will be lots of fun for everyone (board games, dance contests, tournaments, and fun with lots of friends). Participants should wear comfortable gym clothes. Monday - Friday, 3:30 - 5:30 pm, beginning September 6. **No cost for CR; \$2/visit NCR. Call 773-8242, for more information.**

### Special Events

#### Fall Harvest Fiesta - #2011

Glenwood Community Center is having a celebration to welcome in the beautiful fall season! There will be games and crafts and a special fieldtrip to help celebrate. Fall is the most beautiful time of year and we plan to enjoy it. The fiesta will take place on September 25 from 1pm - 5pm and is for participants 5 - 12 years of age. The cost per participant is \$14. There are only 13 spots available, so don't wait! **For more information, please call Glenwood at 799-6469 or e-mail [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)**

#### Fall Art Festival - #2063

Calling all kids ages 5-12. Do you like to draw or paint? Join us for our Fall Art Festival. There will be painting, coloring, and drawing using magic markers and crayons. All art will be displayed. The most original work will win a prize. **No cost for CR; \$2 NCR; Tuesday, October 19 from 6:00pm-7:00pm. Call 434-773-8242, for more information and to register.**



### Youth Dances - #2021

Our very popular Youth Dances are continuing throughout the fall! Meet all your friends and dance the night away at Glenwood Community Center. Dances are for children in Kindergarten through 5th grade only. Pizza and drinks are available for purchase. Music is provided by DJ Jay Rojas. **Admission is \$4.00 per person paid at the door, child or chaperone.**

- Sept 17 - Back to School Dance, 7-9pm
- Oct 29 - Halloween Dance, 7-9 pm

**For more information, please call Glenwood Community Center at 799-6469 or e-mail [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)**

### Halloween Dance #2025

Children, ages 6-12, come to Coates Recreation Center from 6:30-9:30pm on October 30, for a fun and spooky evening. Coates Advisory Council will be sponsoring a Halloween Dance where children will be able to enjoy a haunted maze, costume contest, and lots of dancing. Light refreshments will be served. Admission is only \$5. **Tickets go on sale October 1 and must be purchased by October 25. For more information, please call Coates at 799-6564.**

### Halloween Bash #2115

October 30, 7:00-9:30pm at Squire Recreation Center (Ages 5-17). **Cost \$5 per person. For more details call 799-5214.**

### 3 on 3 Basketball Tournament #2061

Children, ages 7-12, if you like basketball, you can sign up for this exciting tournament. Players will compete against their friends. First, second and third place prizes will be awarded. The tournament will be held on Saturday, November 13, at 12:00 pm. **Cost is \$1.00 for city residents and \$2.00 NCR. Call 434-773-8242, for more information and to register.**

### Fall Family Night #2065

Stonewall Youth Center will have its 1st Family Night, so get ready for lots of fun, playing table games, listening to music, dancing, eating, and spending good quality time with your children and neighbors of the community. Families are asked to wear gym shoes, and bring a covered dish, November 19, from 5:00 - 7:00 pm. **Call Stonewall at 773-8242, for more information and to register.**

### Gobble Games and Turkey Treats - #2016

Giving thanks is important during the holiday season and at Glenwood Community Center we are going to do just that! We want to give thanks to you! We are going to play creative Thanksgiving games and give you a holiday treat! We are also going to help you create a centerpiece for that special day with your family. This program will be held on November 23 from 3:00-5:00pm and will cost \$9 per child. **For more information, please call Glenwood at 799-6469 or e-mail [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)**

### Theme Birthday Parties - #345

Offered at Coates & Glenwood Recreation Center for children ages 3-12. Parties are two hours and are limited to 20 children. (\$4.50 for each additional child)

Cost \$110.00 includes games, balloons, punch and a theme cake. Staff also provided for set-up and clean-up, all you have to do is show up and have a good time.

**To reserve a date for your party contact us at Coates Recreation Center, 799-6564 or Glenwood Recreation Center, 799-6469. Dates available year-round.**



## Children's Programs

### Programs, Hobbies & Special Interest

#### Science, Engineering & Building Series

##### Cool Rides - #2047

If you like Hot Rods, Motorcycles, or Race Cars then come to Coates. We will be having one of the coolest programs in town. You and a parent could build your very own model!!! Everything that you need will be provided. Program will be held September 4 and 11 from 10am-12pm. **Cost for parent and child will be \$12 City and \$15 NCR. Class limit is 10 so don't wait to register!!**

##### Robotic Creativity - #2045

Come to Coates and be creative with everyday and unusual materials that have been gathered and collected in order for you to make your very own working ROBOT! Your imagination has no limit when it comes to this program. Prizes will be awarded for the most creative robot built! Construction will be held on October 2 and 9 from 10am-12pm. **Cost \$10 CR/ \$15 NCR.**

##### Magic Workshop - #2044

Ever really wondered how magicians really did their tricks? Well here is your opportunity to find out just how they do it. With this great Magic Workshop children ages 6-14 will be able to learn a number of tricks of the trade and be able to amaze all of their friends and family. The workshop will be held on October 16 from 10am-12pm. **Cost \$10 CR/ \$15/NCR.**

##### Little Scientist - #2046

Children, ages 6-12, join us at Coates Recreation Center to learn the coolest science experiments that you have ever seen in your life that will keep you and your friends amazed for hours. All experiments are safe and are done with materials that you may find around the house. Experiments will be held on October 23 from 10am-12pm. **Cost \$12 CR/ \$15 NCR.**

**Sign up for all or those that interest you the most. Call Coates Recreation Center, for details or to register at 799-6564.**



##### Karate - #2020

Glenwood has a new karate program! In this new program, you will learn a variety of martial arts that includes American Freestyle, Self Defense oriented style that uses elements from Goju-Ryu Karate, Muay Thai, Brazilian Jiu-Jitsu, Jeet Kune Do, Jun Fan Gung Fu, and Inosanto Kali. The program will be instructed by A J Covell, who has over 21 years of experience and is part of the Universal Karate Academy Inc. To learn more about the martial arts that will be taught, please visit [www.ukanc.com](http://www.ukanc.com). The classes will run on Saturdays, beginning September 4 – November 27 (9am-1pm) for ages 5- 15 years old. The fee is \$9 per class. **To get more information or to register, please contact Glenwood Community Center at 799-6469 or by e-mail at [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)**

##### Jewelry Making - #2066

Make your own one-of-a-kind fashion accessories at Stonewall Youth Center. There will be items of all kinds to choose from that will allow you to make the coolest jewelry ever. Be sure to also bring a friend on November 18, from 4:00-5:00 pm. For children ages 9-12 only. CR: \$ 1.00/ NCR: \$2.00. **Please call Stonewall at 773-8242 for more information and to register.**

### Join A Club

##### Walking Club for Kids - #2067

Want to stay fit throughout the fall and winter? Come to Stonewall Youth Center and join our very own Walking Club. This activity is geared to children ages 6-12 and their parents to keep them healthy. Must wear gym shoes and appropriate clothing for our brisk walk on the walking trail at Stonewall each Friday; this fall beginning September 3 from 3:00-4:00pm. **Please call Stonewall at 773-8242, for more information.**

##### Photography Club for Kids - #2013

Do you like to take pictures? Would you like to try and take the best picture all by yourself? You will be taken to a variety of places in and around the Danville area to take your very own pictures with a disposable camera to keep throughout the program. On the final week, we will take your pictures and make a collage to take home and hang on your wall for everyone to see. This program will run on Saturdays from October 2 - 23, 10am - 12pm. The cost for the program will be \$25 per child. The cost will cover travel, cameras, developing and collage backdrops. **For more information please call Glenwood Community Center at 799-6469 or e-mail [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)**

##### Healthy Club for Kids - #2064

Children, ages 7-12, are invited to join us each Wednesday beginning November 3 from 4:00pm-5:00pm. Children will be able to sample nutritious tasty snacks as well as learn how to make the right food choices for healthy eating. **No fee city residents, \$2.00 NCR. Call 434-773-8242, for more information and to register.**

## City Currents



### Classes for Dogs, Kids and Parents

**Coates Recreation Center - To register or for more details, call Coates at 799-6564. Cost is \$75.**

##### Beginner Dog Obedience - #2029

**October 4 - November 15 (Mondays), 6:30-7:30pm (7 weeks)**

Got a new puppy and you are already tired of the little runt biting and chewing up everything in the house. Well bring the little rascal to Coates Recreation Center to get this little pup trained in the department of "good behavior." Mary Owen, a certified dog trainer, will teach you how to keep your new best friend in line and out of trouble. This class is going to fill up fast, so please register quickly!!!

**Glenwood Community Center - For more information, please call Glenwood Center at 799-6469 or e-mail [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us). The cost for each class is \$65.**

##### Canine Good Manners 101 - #2017

**September 20 - October 25 (Mondays), 6:30 - 7:30pm (6 weeks)**

In this class, your dog will learn how to listen to you, come, sit, down, heel, stay and other fun exercises. Janet Butler, a certified obedience instructor, will teach you how to teach your dog to become attentive, well mannered and balanced. A balanced dog is a happy dog that is truly a joy to have in your home, with family members and with friends! This class will fill up quickly so don't wait!

##### Canine Good Citizenship - #2018

**September 20-October 25 (Mondays), 7:30 - 8:30pm (6 weeks)**

In this class, your dog will learn how to be a good citizen. Your pet will learn how to be calm, confident, and well mannered when in the community. Janet Butler, a certified obedience instructor, will teach you how to teach your dog to become attentive and balanced. A balanced dog is a happy dog that is truly a joy to have in your home, with family members and with friends! This class will fill up quickly so don't wait!

## Advanced Dog Obedience - #2019

**September 23 – October 28 (Thursdays), 6:30 - 7:30pm (6 weeks)**

Janet Butler, a certified obedience instructor, will teach you how to teach your dog to become attentive, well-mannered, and balanced. This class is for advanced students. A balanced dog is a happy dog that is truly a joy to have in your home, with family members and the community! This class will fill up quickly so don't wait!



## Tasty Times

### Tasty Trick-or-Treats - #2012

Do you like the tricks or treats of the Halloween season? Well at Glenwood Community Center's new program, we are combining both!! In this program, you will learn how to make slimy and creepy treats for Halloween. Sample all of the goodies and even bring some home! Held on Saturday, October 30 from 2:00pm-4:00pm. The cost is \$5 per child. Don't miss out on this frightfully tasteful event! **For more information, please call Glenwood Community Center at 799-6469 or e-mail [glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)**

### Yum Yums - #2028

The holiday season is upon us, so it's time to begin creating those much-awaited tasty goodies. Children, ages 6-12, and their parents are invited to join in on the fun of making healthy and tasty candies for the upcoming holidays. Classes will be held Saturdays, November 13 and 20, from 9:30-11:30 am. Please register ASAP because space is limited! **Cost for the program is \$5 per family member. Please call Coates at 799-6564, for more information or to enroll your child.**

### Ice Cream Feast - #2060

Children join us at Stonewall for the last taste of summer at our fall ice cream social Tuesday, September 28, 4:00pm – 5:00pm. Please bring a friend and reminisce about summer fun while enjoying a tasty treat. **Cost: \$1 city and \$2 NCR. For more information, please call Stonewall at 773-8242.**

## Climbing Walls

Climbing walls are available at Coates and Glenwood Recreation Centers. Scheduled uses come with equipment and certified staff. **To schedule use call the following:**

- Coates Recreation Center – 799-6564
- Glenwood Community Center – 799-6469

### Theme Birthday Parties with Climbing Wall - #928

Everything included with our regular themed parties is also included with these parties; however, you also get the use of the climbing wall for two hours during your party. The children will get the chance to climb the wall and have fun with their friends. **Cost: \$160 for a two-hour party with use of climbing wall for city residents and \$172.50 NCR.**

### Climbing Wall Rentals - #767

Rent the climbing wall for any upcoming function from Church events to Family Reunions and all things between. Use of the climbing wall for two hours: \$100 and \$50 for each additional hour. **NCR \$25 extra flat fee. This covers cost of trained staff to supervise the wall during your event.**



## Youth Open Recreation

**Coates Recreation Center - #1262-**  
Monday - Friday, 2:30 - 4:30pm

**Glenwood Community Center - # 2104 -**  
Wednesdays, 3:30pm-7:30pm

## Teen Programs

### Teen Programs for Middle & High School Students

For more information or details, unless otherwise specified, call the staff at Squire Recreation Center at (434) 799-5214.

To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to [www.playdanvilleva.com](http://www.playdanvilleva.com)

## Basketball Camps

### Beginning Basketball - #2070 - September 20-24, 5:30-8:30pm

Basketball teaches you many skills such as learning to work as a team to achieve a common goal, having patience, problem solving and facing adversity. This camp is for anyone who is interested in learning the basics of the game or anyone who wants to make sure his or her form is correct. This is a technique camp that will focus on dribbling, shooting, playing defense and using your feet. It is designed to get you ready for the upcoming basketball season.

### Intermediate Basketball - #2071 - September 27-October 1, 5:30-8:00pm

Now is the time to take your game to the next level or maybe you want a new challenge. Our intermediate basketball camp will put you in game situations, give you the best training programs, and show you how to prepare for your next opponent. Basketball is just as much a mental game as it is physical, so make sure your mental game is prepared for your opponent.

**These are evening camps at Squire Recreation Center, so parents can drop you off after work. Cost for either camp is \$29 CR; \$39 NCR.**

## Fitness –Health & Wellness

### Training 101 - #2075

The new fitness equipment at Squire Recreation Center is yours to use, but be sure you know how to use it properly. Take part in the Training 101 program and learn the basics of the weight machines, how to use them, and other useful exercises. These exercises are good especially for middle and high school athletes looking to get in shape for the winter sports. This class will meet every Monday and Wednesday night from 6:00-7:00pm, September 20-November 17 at the Squire Recreation Center Weight Room. **Cost is \$49 is CR and \$59 for NCR, for the entire program. We will keep track of your progress as you go so when you are finished with the program, you can continue on your own.**

## Teen Programs



### G-Force Fitness Center - #2076

Come by and enjoy the new Squire Weight Room. We have new machines and more training programs for you to participate in then ever before. Be sure to join our Training 101 program to learn the machines, then you can come by and use the machines on your own. The G-Force Fitness Center is open to teens 2:30-8:00pm, Monday-Thursday. **Cost is \$5 a week or \$15 a month for CR and \$7.50 a week and \$17.50 a month for NCR.**

### Teen Fitness Club at Stonewall Youth Center - #2110

We want to BUFF YOU UP!!! There is no better way to work out than with a friend or someone to push you along the way, and that is the beauty of the Stonewall Youth Center Fitness Club. Be sure to come by every Tuesday and Thursday and work out in a friendly environment. Classes start September 16 and last until you are satisfied. **Cost is \$1 for CR per visit and \$2 for NCR per visit. Call 773-8242, for more information**

### Teen Fall Walking Club at Stonewall Youth Center - #2113

Want to stay fit throughout the fall and winter? Come to Stonewall Youth Center and join our very own Teen Walking Club. This activity is geared to teens ages 12-17 and their parents to keep them healthy. Must wear gym shoes and appropriate clothing for our brisk walk on the walking trail at Stonewall each Saturday, beginning November 6 from 9:00-10:00am. **Please call Stonewall at 773-8242, for more information.**

## After School and School Breaks

### 21st Century After School - #2077

Attention students of Gibson and Westwood Middle Schools. The 21st Century after school program is back! If you were one of the lucky ones that were able to come participate in the program last year, get ready to enjoy another year of basketball, soccer, biking, and much more. This is a great opportunity for anyone that needs help with homework or is just bored when they get home from school. There is no cost for the program and even includes an afternoon snack. Handouts will be given to you at school on specific programs, dates and times. Watch for details. **Call 799-5214 for more information.**

### Squire Recreation Center Intersession Camp - #2072

October 4 - 22; 8:30am-4:30pm  
When school is out, the fun will start. Intersession is one of the perks of being in year-round school, so enjoy the time when your fellow friends are stuck behind the desk. Activities include going to an afternoon movie, going canoeing in the morning, enjoying an afternoon cookout on the river, and much more. This camp is only available for Gibson Middle School students and is limited to the first 12 participants, so be sure to sign up TODAY! Camp will take place at Squire Recreation Center with trips planned throughout the two weeks. **Be sure to bring your lunch and a snack. Cost is \$89 CR, \$104 NCR.**

## Programs, Hobbies & Special Interest

### Teen Cooking 101 - #2106

Going out to eat can get old. Sometimes you just want a down home meal that you made. Do we have the opportunity for you! Stonewall Youth Center is offering cooking classes to teens and at the same time, teaching them healthy eating habits. Be sure to come by SYC every Tuesday and Wednesday in September from 5:00pm-6:00pm. Cost is \$1 for CR and \$2 for NCR per class. **Please call 773-8242, for more information.**

### Teen Card Club at Stonewall Youth Center - #2111

Spades, Hearts, even Solitaire and Rummy; we play it all. Don't know how to play, but want to learn? We can teach you almost any game you want to play. Be sure to bring your partner or pick one up at the center; we have the competition to take your card game to the next level. No Cost for CR, \$1 for NCR. Come by Wednesday, November 10 and Thursday, November 11 from 5:00-7:00pm. **Call 773-8242, for more information.**

## Special Events

### 8-Ball, Corner Pocket - #2109

One of the best feelings in sports is watching the 8-ball fall into the pocket you called to win the match or tournament. If you think you can compete with the competition, then sign up for Stonewall's Pool Party to be held on September 30. You don't need to have your own stick to play, just show up at 5:30pm ready to run the table. Trophies will be given to the winners. Cost is \$2 CR, \$3 NCR. **Call 773-8242, for more information or to sign up.**



## City Currents

### PIZZA PIZZA! - #2105

Summer has passed and cooler weather is right around the corner, but that doesn't mean we can't take some time to forget about school. Come by Stonewall Youth Center on Friday October 8 and enjoy the company of friends as we sit back and relax and welcome the weekend. Pizza will be served and a movie will be shown. \$2 for CR, \$3 for NCR. The movie starts at 4:30pm. **Contact Stonewall Youth Center at 773-8242, for more information.**

### Teen 3 on 3 Basketball Tournament - #2107

Teens ages 12-16, if you like basketball, you can sign up for this exciting tournament. Players will be able to compete against fellow friends for 1st, 2nd and 3rd places. Be sure to come by Stonewall Youth Center on Saturday October 16 at 10:30am to sign-up. Cost is \$2 per team for CR, \$3 per team for NCR. **Call 773-8242, for more information.**

### Stonewall Youth Center Teen Talent Show - #2108

Want to show all your friends and family that great talent of yours? Wait no longer, on Friday October 22 at 5pm is the time for you at Stonewall Youth Center, because teens ages 12-17 will sing, dance and perform other fantastic talents for this special event. Parents, friends and neighbors are asked to attend. CR \$1, NCR \$2. **Please call 773-8242 for more information and to sign up.**

### Halloween Bash - #2115

October 30, 7:00-9:30pm (Ages 5-17).

**Cost \$5 per person Squire Recreation Center. For more details check out the Special Event section of this City Currents brochure on page 28, or call 799-5214.**

### Stonewall's Next Top Model - #2114

Ever watched America's Next Top Model? Think you can compete in the big leagues of modeling? If so, be sure to contact Stonewall Youth Center and register for our first annual Top Model Contest. Competition is November 12 from 4:30-6:30pm. There is no cost, but be sure your friends and family come by and support you. **You will need to call to register, 773-8242**

### Dinner and Movie - #2112

Like to Cook? Maybe you took part in Cooking 101 earlier and want to show off your new dishes. Bring your favorite covered dish to Dinner and Movie night on November 19 at 5:00pm for an evening of fellowship and entertainment. There is no cost for CR, \$1 for NCR. Movie will be selected by Stonewall Youth Center staff. **Call 773-8242, for more information and to register.**

## Teen Open Recreation

**Bring your friends and enjoy a game of pick up ball.**

### Coates Recreation Center - #1261

Monday-Thursday 6:30 - 8:30PM



### Adult Programs

Unless otherwise specified call 797-8848 to register for programs listed in this section.

To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to [playdanvilleva.com](http://playdanvilleva.com)

### Arts and Crafts

#### Art with Judie - #1628

Would you like to learn how to paint, but never had the time? Judie Moseley will help her students learn how to paint with oil or watercolor. Beginners are welcome to attend. **Classes are held at the Ballou Park Annex. Call 797-8848 to register.**

#### Monday Afternoon Classes

- #1608 Session 1: Aug 2-23  
\$20 City Residents, \$30.00 NCR
- #1629 Session 2: Aug 30 – Sept 27,  
\$25 City Residents, \$37.50 NCR  
(No class on September 6)

#### Monday Evening Classes

- #1610 Session 1: Aug 2-23  
\$20 City Residents, \$30.00 NCR
- #1630 Session 2: Aug 30-Sept 27,  
\$25 City Residents, \$37.50 NCR  
(No class on September 6)

#### Tuesday Morning Classes

- #1612 Session 1: Aug 3-24  
\$20 City Residents, \$30.00 NCR
- #1631 Session 2: Aug 31-Sept 28,  
\$25 City Residents, \$37.50 NCR  
(No class on September 7)

#### Art with Flo -

Flo Haynes will teach her students the wet on wet technique of oil painting. Flo's classes are held on Wednesday mornings at the Glenwood Community Center or Wednesday nights at the Ballou Park Annex Building. New students are always welcome. **The fee for each six-week class is \$45.00 for City Residents and is \$57.50 for NCR. To register call 797-8848.**

#### #1860 Wed Morning Glenwood (9:30am – 12:30pm)

- #1458 Session 1: Aug 4 – Sept 8
- #1861 Session 2: Sept 15 – Oct 20
- #1862 Session 3: Oct 27 – Dec 1

#### #1857 Wed Night Classes Ballou Annex (6:00 – 9:00pm)

- #1455 Session 1: Aug 4 – Sept 8
- #1858 Session 2: Sept 15 – Oct 20
- #1859 Session 3: Oct 27 – Dec 1

#### Fran Marquis' All Media Studio Class - #1863

Fran's class is constructed as a "studio" course in that each student will create according to their individual direction, whether it be painting, drawing, sculpting, clay, portraiture or even mural production. Fran's class addresses the independent spirit, creativity, experience and goals of each student. The beginner will be just as comfortable as the artistic expert. Those with no experience at all will feel supported and encouraged, the accomplished artist will feel challenged and inspired. Fran works with students on a one-on-one basis and will periodically give a group demonstration. The program will be held on Thursdays, 9:00am – 11:00am OR 6:00pm – 8:00pm, at the Ballou Annex Building, corner of Park Avenue and Park Circle. **The cost is \$29 for the 4-week session. For more information or to register, call 797-8848.**

#### Fran's 9:00 – 11:00am Classes

- #1468 Session 1: August 5-26
- #1867 Session 2: September 9-30
- #1868 Session 3: October 7-28

#### Fran's 6:00 – 8:00pm Classes

- #1471 Session 1: August 5-26
- #1864 Session 2: September 9-30
- #1865 Session 3: October 7-28

#### The Artfelt Expressions of Bob Ross - #1870

Here's your opportunity to learn to paint the Bob Ross way like you have seen on PBS. Ed Gowen, Certified Bob Ross Instructor, will help you complete beautiful paintings in just one day. The fee is \$65.00 per session and includes all supplies except a 16 x 20 canvas and a roll of paper towels. Classes are held at Ballou Park Annex Building from 10:30am – 3:30pm, on the dates below. **Call 797-8848 to register.**

- #1434 Session 1: Sat, Aug 7 Mountain Rhapsody
- #1871 Session 2: Sat, Sept 4 Bridge Over Peaceful Water
- #1872 Session 3: Sat, Oct 9 Snowy Landscape
- #1873 Session 4: Sat, Nov 6 Rowboat on the Beach

#### A Stitch in Time With Kitty - #1874

Would you like to learn how to use a needle and thread? Would you like to make simple alterations to your clothes? Or, are you interested in making your own clothes? Bring your portable sewing machine, material, pattern, thread, and a willingness to learn and allow Kitty Newell to help you achieve these goals and more. This class is suitable for beginners and experienced students alike. Limited to six students per class. These classes are held on Tuesday nights, 6:30p.m. - 8:30p.m., at the Coates Recreation Center. **The cost is \$25 per session for city residents, \$37.50 NCR. Call 797-8848 to register.**

- #1875 Session 1: Sept 7-28
- #1876 Session 2: Oct 5-26
- #1877 Session 3: Nov 9-30

#### Stained Glass, the Magic of Light Through Glass - #1878

Nancy Dameron will help participants explore the dynamic magic of light through glass. The beginning students will be introduced to the basics of stained glass design, cutting, grinding, foiling, and soldering. The more advanced students will be able to enhance and refine existing skills on projects of choice. This class will meet on Monday mornings, beginning September 13, from 9:00am – 12:00 pm. The cost of the 12-week course is \$125. Supplies and materials are extra and the responsibility of the student. The instructor will offer guidance to new students when selecting materials and tools to purchase. **For more information or to register, please call 797-8848.**

#### Hand Sewn Quilts - Just Like Grandma Used To Make - #1879

Do you remember watching your grandma use her needles, thread and patches while making those beautiful quilts? Don't you wish that you knew how to do it? Well, here's an opportunity to learn to make an heirloom for future generations. Join Carolyn Adams on Monday nights, beginning September 13, from 6:00-8:00pm, at the Danville City Auditorium, as she provides instruction in completing a quilt by hand (no machines allowed). Participants must have knowledge of simply sewing (threading needles, sewing a straight seam). Participants must supply all materials needed to complete project. The class fee for this 4-week program is \$20.00 for City Residents and is \$30.00 for NCR. **For more information or to register, call 797-8848.**

- #1880 Session 1: Sept 13 - Oct 4
- #1881 Session 2: Oct 11 – Nov 1
- #1882 Session 3: Nov 8-29



## Adult Programs

### It's in the Icing - Cake Decorating Made Easy - #1883

During a special occasion, have you noticed how beautiful the cakes are and wondered how it was done? Would you like to add that special touch to your cake for that next special occasion? Well, at the Glenwood Community Center on Monday evenings, beginning September 13, from 6:00pm – 8:00pm. Eunice Griffith will help her students discover the basics of cake decorating. During this four- week class, students will prepare icings, get an introduction to basic decorating tools, prepare basic borders, learn the secrets of creating roses and so much more. The class fee is \$25 for City Residents, \$37.50 for NCR. **For more information or to register, call 797-8848.**

### Chicks with Sticks – Knitting and Crocheting with Ms. Nancy – #1884

Knitting is “hot” again! Crocheting is making a “big” comeback! Come see what all the buzz is about. Learn basic knitting and crocheting techniques with Ms. Nancy. Bring your sticks, yarn, pattern and imagination and join the fun. This social class is for beginners and advanced students alike. This class will meet on Tuesday and Thursdays, beginning October 5, 11:30 a.m. – 1:00 p.m. There is NO FEE for this class, but you must pre-register. **For more information or to register, please call 797-8848.**

- #1885 Session 1: Oct 5-28
- #1886 Session 2: Nov 2-30



## Special Interests and Hobbies

### Financial Solutions From Clearpoint Credit Counseling Solutions - #1887

During these tough economic times, the most successful people have the greatest understanding and most knowledge of how to make their money work for them. Join Financial Specialist, Debbie Hundley of Clearpoint Credit Counseling Solutions as she explains what you really need to know about your finances. The classes will meet on Thursdays at the Danville City Auditorium, Downtown. There is no fee for these classes, but you **MUST** pre-register. **Call 797-8848 to register and get more information.**

### Budgeting to Live Within Your Means

Develop a personal budget and learn to distinguish between needs and wants. Learn the difference between fixed, variable and periodic expenses.

- #1888 Session 1: September 9, 5:30pm
- #1889 Session 2: October 14, 1:00pm

### Understanding Your Credit Report

Since your credit report portrays an image of you, it is important to maintain a good credit history. Credit scores are one of the most influential factors in deciding whether to grant your credit.

- #1892 Session 1: September 16, 5:30pm
- #1893 Session 2: October 21, 1:00pm

### How to Prepare to Buy A Home

Do you know your debt to income ratio? Understand the home buying process. Address any credit issues that present barriers to home ownership.

- #1890 Session 1: September 23, 5:30pm
- #1891 Session 2: October 28, 1:00pm

### A Taste of a Heart Healthy Diet - #2101

Needing to lower your cholesterol? Register for “A Taste of a Heart Healthy Diet” to sample 15-20 various heart healthy foods that may help improve your cholesterol numbers. These foods are high in Omega-3 fatty acids, fiber, soy, and/or the “good fats.” The class will be taught by Jennifer Dietz, a registered Dietician with Dietz Nutritional Consulting, LLC. The class is taught on the first Wednesday of the month, beginning September 1, from 5:30 to 7:30 pm on the lower level of the Senior Citizen Center. A limit of 15 people per class. Cost of the class is \$20 per person or \$30 per couple. **For more information or to register, call 797-8848.**

## What's Going On In Your Garden?

#1894

Do you have a green thumb or wish that you did? Do you have questions about your plants, flowers or how to design your yard? Stuart Sutphin, Virginia Cooperative Extension Agent, will give information and answer questions about these gardening topics and more. All classes will be held from 6:30pm – 8:00pm at Coates Recreation Center. **There is no cost for these classes, but you MUST pre-register. For more information or to register, call 797-8848.**

- #1895 Session 1: Thursday, September 9  
Fall Lawn Care
- #1896 Session 2: Thursday, October 7  
Fall Landscaping
- #1897 Session 3: Thursday, November 11  
How to Care For Holiday Gift Plants

### Preparing For the Future with Edward Jones Investments - #1898

Whether it be preparing for retirement or living on a fixed income, success depends on being prepared. Join Geary H. Davis, Financial Advisor for Edward Jones Investments, as he guides you through the basic steps in preparing for the future. These classes will meet on Monday nights, at the Coates Recreation Center, beginning at 6:30pm. **There is no fee for these classes, but you MUST pre-register. For more information, please call 797-8848.**

### Making Sense of Retirement

Join Geary for the free Making Sense of Retirement seminar to learn more about:

1. The five basic questions you should ask yourself to prepare for retirement.
2. The options you can use now to save for retirement.
3. How time can help or hurt your retirement goals.

- #1899 September 20
- #1900 October 18

### Focus on Fixed Income

Owning investments that may provide you with a regular income can be a smart decision. That's why it's a good idea to learn how fixed-income investments such as bonds may help you to reach your financial goals.

- #1901 September 27
- #1902 November 8

### Smart Choices in Retirement

After years of work, you now have the opportunity to experience the retirement you've always wanted. By taking some time now to prepare for life in retirement, you'll be more likely to enjoy everything you've dreamed about. You'll learn 10 principles to help make your money last with the goal of providing a stable, steady retirement income. That's one of the best ways we know to help you prepare for the future.

- #1903 October 4
- #1904 November 15

### Save Energy, Save Money in Your Home! Home Energy Efficiency Classes – #1905

This free series of classes is presented to inform and educate residential customers of Danville Utilities on the various ways they can save energy in their homes and save money on utility bills. Many Danville and Pittsylvania County residents endured high bills as a result of the harsh weather last winter; we encourage residents to come find out what you can do to make your home more energy efficient. With winter fast approaching once more, do not let history repeat itself, see what steps you can take to save energy and money in your home.

Learn about techniques and products to upgrade your home's energy efficiency from local businesspeople and energy efficiency experts who have volunteered to conduct all classes. These classes are offered for beneficial consumer information only, and are not meant as an endorsement of any product, service or individual.

All classes are scheduled for Thursday evening beginning at 5:30 p.m. at the Ballou Park Nature Center. Classes are open to both City and County residents who are Danville Utilities customers. All classes are scheduled to be one-hour in length, composed of a 30-45 minute information session, or hands-on demonstration and concluding Q & A session. There is no fee for these classes; however, seating is limited so pre-registration is encouraged.

### How to Weatherize Your Home – #1906 September 30

Learn do-it-yourself weatherization techniques such as how to caulk windows, weather-strip doors and much more. Find out many easy, low-cost ways to improve your home's energy efficiency before the winter.

### Guide to Energy Efficiency Federal Tax Credits and Rebates – #1907 October 7

Confused about the many ways you can receive money back for purchasing energy efficient products? You're not the only one! Learn from the experts how you can take advantage of all the incentives available for energy efficient upgrades.

### Insulation Investigation – Windows, Doors and Home Insulation – #1908 October 14

Find out how to get the most for your money when making major home energy efficiency upgrades. Learn about insulation and replacement windows and doors from the experts. Learn where to add insulation in your home and the recommended amount for homes in our area.

### Don't be Left Out in the Cold – Guide to Home Heating and Cooling – #1909 October 21

Everything you need to know about saving money on your home's heating and cooling costs. Learn the right techniques to operate your home's heating or cooling system efficiently, no matter what type of system you have.

### Energy Efficient Appliance Guide – Large and Small, One and All – #1910 November 4

Learn how to shop for new ENERGY STAR appliances, how to read Energy Guide appliance labels and how to increase the efficiency of your existing appliances and electronics.



### Music and Dance

#### Kuumba-West African Dance Company Raising Awareness Through Dance - #1911

Join Patricia Hall and the members of Kuumba for live drumming and energetic traditional West African dancing. While there, raise cultural awareness, be uplifted and get a great workout, all at the same time. No previous dance experience needed. The class is designed for all levels, so come looking to have fun!! The class will meet on Tuesday afternoons, beginning at 4:30pm at the City Auditorium. **There is no cost, but you must pre-register. For more information or to register, call 797-8848.**

- #1912 Session 1 September 7-28
- #1913 Session 2 October 5-26
- #1914 Session 3 November 2-23

#### African Rhythms by Nguzo Saba - #1915

Have an awesome time learning West African dance technique to live drumming! All levels are encouraged to register; for dance junkies, dancers in training and curious newcomers! Cost is \$10.00 for this 4-week class for city residents and \$15.00 NCR. Whether it's dancing, drumming, or just enjoying the beautiful rhythms, Nguzo Saba will introduce you to the beautiful art of African Dance. The class will meet at the Pepsi Building, at 6:30 pm, beginning June 1. You can start at any time. **For more information or to register, call 434-797-8848.**

- #1916 Session 1 September 7-28
- #1917 Session 2 October 5-26
- #1918 Session 3 November 2-23



#### Guitar Basics with Joe - #1919

Would you like to learn how to play the guitar? Joe Moore, a native Danvillian, original member of the local 70's band, The Artistics, 21 year Navy veteran, and an accomplished guitarist, will provide 30-minute guitar lessons for adults, 18 and over. Students must bring their own guitar and notepad. Cost for this 4-week program is \$20.00 and all participants must pre-register. The classes will meet at the Danville City Auditorium on Wednesday afternoons, beginning at 5:30pm. **Space is limited to 6 participants. For more information, call 797-8848.**

- #1920 Session 1 September 8-29
- #1921 Session 2 October 6-27
- #1922 Session 3 November 3-24

#### Intermediate Middle Eastern Belly Dance Classes with Shalimar - #1923

A continuation of basic foundation steps of Middle Eastern Dancing. This class works every part of the body in a gentle, pleasant way. Women of all ages are welcome. Come feel sensuous and rejuvenated. We will explore music and rhythms while learning simple choreography. The suggested attire is loose fitting workout clothes. This class will meet on Monday nights, at 5:30pm at the Pepsi Building on Craghead St. **The cost is \$30 for 5 classes. For more information or to register, please call 797-8848.**

- #1924 Session 1: Sept 13, 20, 27 & Oct 4, 11 Registration will begin August 30.
- #1925 Session 2: Oct 25, Nov 1, 8, 15, 22 Registration will begin October 11.



## Adult Programs

### Beginning Middle Eastern "Belly Dance" Classes with Shalimar - #1926

Ladies, are you looking for a great workout to get in shape while having fun? Well, here's the class for you. These classes are designed to open up the creative and beautiful spirit known as women. You will learn the basics of Middle Eastern Belly Dancing while developing flexibility and learning muscle isolation. All ages, shapes and sizes are welcome. If you feel self-conscious in a gym, this is the class for you. Come join Shalimar and almost forget you are doing any exercise. This class is a confidence-booster! The suggested attire is loose fitting workout clothes. This class will meet on Monday nights, at 6:45pm at the Pepsi Building on Craghead St. The cost is \$30 for 5 classes. **For more information or to register, please call 797-8848.**

- #1927 Session 1: Sept 13, 20, 27 & Oct 4, 11  
Registration will begin August 30.
- #1928 Session 2: Oct 25, Nov 1, 8, 15, 22  
Registration will begin October 11.

### Latin Dance Classes w/ Flori - #1929

Do you want to try something new? Spice up your life learning how to dance the Salsa and Meringue with Flori. Flori, a native of Costa Rica, will introduce her students to her favorite dances from her country. Come and enjoy the basics of a Latin style of dancing to relieve stress and lose weight in a fun way. The classes will meet on Thursday nights, at the Craghead Street, Downtown Danville. The cost for each 6-week class is \$30 per person or \$50 for couples. **For more information or to register, call 797-8848.**

### Salsa 6:45 – 7:45pm

- #1932 Session 1 Sept 16 – Oct 21
- #1933 Session 2 Oct 28 – Dec 9
- (No Class November 25)

### Meringue 8:00 – 9:00pm

- #1930 Session 1 Sept 16 – Oct 21
- #1931 Session 2 Oct 28 – Dec 9
- (No Class November 25)



## Adult Wellness and Fitness

### River City Walking Club - #1934

Would you like to begin getting in shape by walking? Or do you like to walk, but don't have anyone to walk with you? Join the River City Walking Club. We will highlight different areas in the Dan River Region that offer safe and fun walking environments to the public. We will walk daily, weekly, morning, afternoon, evening or whatever fits your schedule. **To join the River City Walking Club, call 797-8848, for more information.**

### City Auditorium Power Zone Fitness Center - #1935

The 3200 sq. ft. facility is filled with Nautilus equipment, plate loaded machines, treadmills, elliptical runners, bikes and free weights to help you achieve your fitness goals. Whether you are an avid weightlifter or someone looking to get started, the Power Zone has a program for you. Our Hours are: 8:15am – 6:45pm Monday – Thursday; 8:15am – 4:45pm on Friday and 9:30am – 1:15pm on Saturday. Our Fall Session begins September 1. The cost is \$5.00 per week for City Residents and is \$7.50 for NCR, or \$15/month. **Call 797-8848, for more information.**

### Aquacize – Working Out in the Pool - #1936

Are you looking for a new workout routine? Are you looking for an aerobic workout that is not tough on your knees, ankles and other joints? Or, would you like to find an activity to compliment your existing workout plan? On Thursday mornings, beginning September 2, 8:15am join Power Zone Fitness Staff for a morning of fun, aerobic activities in the pool. Do water exercises especially designed for your abs, legs, arms, cardio and more. The cost is \$5.00 per week for City Residents and is \$7.50 for NCR. The class will be held at the YWCA pool. Everyone must pre-register. **Call 797-8848, for more information or to register.**

## City Currents

### Working Out ... Baby Boomer Style - #1937

These classes will instruct baby boomers how to incorporate walking, cardio activity and weight training into their fitness routine, on Tuesday and Thursday mornings, beginning September 7, from 9:00 – 11:00am at the City Auditorium Recreation Center's Power Zone Fitness Center. The classes will highlight exercises specially designed for older adults. All participants must pre-register. The cost is \$5.00 per week for City Residents and is \$7.50 for NCR. A Happy and Healthy program. **Call 797-8848, for more information or to register.**

### Ladies, It's Time To Work It Out - #1938

Ladies, are you interested in a workout program that will highlight exercises specially designed for women? These classes will instruct Ladies how to incorporate walking, cardio activity and weight training into their fitness routine. This class meets on Tuesday and Thursday mornings, beginning September 7 from 10:00am – 12:00pm at the City Auditorium Recreation Center's Power Zone Fitness Center. All participants must pre-register. The cost is \$5.00 per week for City Residents and is \$7.50 for NCR. A Happy and Healthy program. **Call 797-8848, for more information or to register.**

### Wii are Fit -

Are you looking for a new workout routine? Would you like to join a group exercise program? Join the Power Zone Fitness Center staff, as we offer group Wii Fitness Classes. Achieve your fitness goals using the Wii Fitness video game program. The class is limited to 6 people per class. The cost is \$5 per week for city residents, \$7.50 NCR. The classes will be held at the Power Zone Fitness Center, Danville City Auditorium, beginning September 13. **For more information or to register, call 797-8848.**

- #1943 Mon and Wed mornings, beginning September 13 9 – 10am
- #1944 Tues and Thurs afternoons, beginning September 14 12-1pm
- #1945 Mon and Thurs evenings, beginning September 13 5:30-6:30pm.





### Join the Zumba® Revolution with Ruth #1946

Join the Zumba Revolution with Ruth and Danville Parks, Recreation & Tourism. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind interval training fitness program. The fun routines combine to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a smokin' Zumba class! Our goals are simple: work out, love working out, get hooked on Zumba® and achieve long-term benefits while experiencing an absolute blast in one exciting hour or calorie-burning, body-energizing movements. The classes will meet on Monday, Tuesday and Thursday nights, 5:30pm. During each session, the cost is \$29 per night OR take two nights for \$45 OR take all three nights for \$65. **For more information or to register, call 797-8848.**

#### Monday Night Classes

- #1947 Session 1 Sept 13 – Oct 18  
Carrington Pavilion
- #1948 Session 2 Oct 25 – Dec 6  
City Auditorium Gym - No Class Nov 22

#### Tuesday Night Classes

- #1949 Session 1 Sept 14 – Oct 19  
Pepsi Building
- #1950 Session 2 Oct 26 – Dec 7  
Pepsi Building - No Class Nov 23

#### Thursday Night Classes

- #1951 Session 1 Sept 16 – Oct 21  
Pepsi Building
- #1952 Session 2 Oct 28 – Dec 9  
Pepsi Building - No Class November 25

### Video Bowling League #1953

Do you like to bowl? Have you heard about the Wii and want to give it a try? Here's your chance to enjoy a new bowling experience using the Nintendo Wii. Play the game that you love using today's hottest gaming system. Trophies will be given to the highest score and best average. The league will be held at the Danville City Auditorium, beginning September 14. Call to schedule your bowling time and for rules. The City Resident cost for the 5-week league is \$20 per person, \$30 NCR. Get a team of 3 together for \$50 (an additional \$10 for each NCR). **For more information or to register, call 797-8848.**

### Zumba with Jennifer is here!!! - #1954

Danville Parks, Recreation & Tourism is bringing the Zumba® Fitness craze to Danville. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! The program is open to the public (age 18 and up). Each 6-week long program will meet at the Coates Recreation Center, Westover Drive on Tuesdays, at 6:30pm, and the Pepsi Building, Downtown Danville, Craghead Street on Wednesdays at 6:30pm, and/or Sundays, at 3pm. During each session, the cost is \$29 per night OR take two nights for \$45 OR take all three nights for \$65. **To register, please call 797-8848.**

#### Tuesday Classes at 6:30pm - Coates Recreation Center

- #2078 Session 1: Sept 14 – Oct 19
- #2079 Session 2: Oct 26 – Dec 7  
(No Class November 23)

#### Wednesday Classes at 6:30pm - Pepsi Building

- #1955 Session 1: Sept 15 – Oct 20
- #1956 Session 2: Oct 27 – Dec 8  
(No Class November 24)

#### Sunday Classes at 10:00am - Pepsi Building

- #1957 Session 1: Sept 19 – Oct 24
- #1958 Session 2: Oct 31 – Dec 12  
(No Class November 28)

### Open Gym - Open Recreation

#### Adult Open Gym Program -

Do you have game? Do you enjoy playing basketball with your peers? Join your friends at the City Auditorium Recreation for some good hoop games. The times are listed below. There is no fee City, \$2 per visit for NCR/\$12.50 per quarter.

#### City Auditorium Recreation Center - Call 797-8848 for more details

- #1939 Mid-Day Hoops – Tues & Thurs, beginning September 7, from 10am – 1pm.
- #1940 Evening Hoops – Tues & Wed, beginning September 7, from 6-8pm
- #1941 Saturday Morning Hoops – beginning September 11, from 10am – 1pm

#### Squire Recreation Center - Call 799-5214 for more details

- #2074 Adult Wednesdays – beginning September 8, 10am-2pm

#### Old School Basketball - 35 and over Open Gym #1942

Are you 35 years of age and older? Would you like to play some ball with others your age? Join Danville Parks, Recreation and Tourism as we bring basketball back to the 35 and over crowd on Thursday nights, beginning September 9, 6-8pm, Danville City Auditorium. There is no cost for city residents for open gym. **For more information or to register, call 797-8848.**

### Indoor Walking

Join us at our indoor facilities for your daily walking program. Great for bad weather or when the weather gets too cool to be outdoors. **There is no fee City, \$2 per visit for NCR**

#### Glenwood Recreation Center (799-6469)

- #2103 – Monday – Friday 9am-11am.

#### City Auditorium Center (797-8848)

- #2116 – Monday – Friday 8:15am – 11am

#### Coates Community Center (799-6564)

- #1263 – Monday – Friday 9am-10am
- #1264 – Monday – Friday 5:30pm-6:30pm

#### Squire Recreation Center (799-5214)

- #2073 – Monday – Friday 8:30am-10am



## Online Course Offerings from Danville Parks, Recreation & Tourism and LERN

### LERN Online Certificate Courses #2117

Danville Parks, Recreation & Tourism in cooperation with LERN is pleased to announce that we will now be offering online certificates and courses. Three certificates and 13 different courses will be offered September –November. Individuals may sign up by the course or enroll in the certificate program, save at least \$90.00 and receive all three courses required. Continuing Education Units (CEUs) are available for each certificate and each individual course. **For more information visit [playdanvilleva.com](http://playdanvilleva.com) or contact Bryan Price, 797-8848 or Lisa Ferguson, 799-5199.**

### Social Networking for Business Certificate #2120 \$495

(Price includes two courses listed below)

#### Introduction to Social Networks #2121 \$195

- Communicating and Marketing Using Social Networks #2122 \$195
- Integrating Social Networks in your Organization #2123 \$195

Get in on this exciting and growing way to communicate market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Instructed by Jennifer H. Selke and Suzanne Kart, both these instructors are outstanding practitioners who also speak, write, and train others on social networks. 16 hours seat time per course.



### Emarketing Essentials Certificate #2118 \$495

(Price includes three courses listed below)

- Improving Email Promotion #2124 \$195
- Boosting Your Web Site Traffic #2125 \$195
- Online Advertising #2126 \$195

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits and government agencies. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions. Dan Belhassen, lead instructor. 16 hours seat time per course.

### Generational Comm & Management Certificate #2119 \$330

(Price includes two courses listed below)

- Generations in the Workplace #2127 \$175
- Understanding Gen X and Gen Y #2128 \$175

There are now four generations in the workplace. Each has a different set of values, attitudes, work behaviors and communication styles. With the generation gap the largest in more than 30 years, misunderstanding of other generations is at an all time high. Find out how workers in other generations approach work, then discover something new about yourself and your generation. Gain critical generational communication skills. Acquire the knowledge skills to manage effectively in today's multigenerational workplace. For both employees looking to understand managers and co-workers, and for supervisors managing workers in other generations. Your instructors are outstanding practitioners who also speak, write and train others on generational communication. 16 hours of seat time.

### Entrepreneur Boot Camp #2129 \$195

Starting a business is something that all of us have thought about at one time or another. Everyone wants to be their own boss. Yet statistics show that most businesses fail within the first five years. This course provides insight into the characteristics, knowledge and skills needed to become a successful entrepreneur. At the end of this course, you will be able to identify the abilities required of successful entrepreneurs and how to acquire them, develop goals to help establish your business, develop an outline for your plan, and take home techniques to successfully manage your new business.

### Extraordinary Customer Service #2130 \$145

Learning to build your customer service skills will have a powerful impact on your career success as well as success in other areas of your life. Through this course you will discover the direct relationship between service skills and career achievement. You will become skilled at being an exceptional service provider. You can help your organization and your career by translating your good service intentions into a workable plan and gain knowledge of ways to consistently deliver great service. The payoff is enormous.

### Mentoring and Coaching in the Workplace #2131 \$295

Mentoring and coaching have come to be used more frequently in organizations to improve leadership competencies and provide employee support. It has benefits for the employer and employee. Develop skills in the development, implementation, and support of coaching and mentoring programs in your workplace. Take home the much-awaited toolkit you have been searching for to improve your employees' performance and create the working environment that your employees will find truly rewarding.

### Gender in the Classroom #2132 \$245

Discover why girls waste 30% of their study time, why boys get worse grades than girls, why boys do less homework than girls, and the 5 learning habits girls get in school that hurts them in the workplace.

Your female students learn differently than your male students. Discover how girls learn. Take away 10 top tips for helping girls learn more, and the 5 tips to help girls succeed more. Then discover how boys learn. Take away 10 top tips for helping boys learn more, and the 5 tips to help boys succeed more. Get info about research not available anywhere else.

### Social Media and Online Tools for K-12 Teachers #2133 \$245

Facebook, Twitter, YouTube, it's seems everyone, including your students, talk about ways the Internet let's them stay in touch and see what others are doing. Since many of your students are already there, have you been curious if any of these tools might keep them engaged in your class? Do you ever wonder if there might be some time effective ways to communicate with their parents? GoogleDocs, Adobe ConnectNow, iGoogle, Flickr, animoto, earth album, Teacher Tube, blogs, virtual labs and yes, even Facebook and Twitter can help you add dimension and interest to your class. Discover tips to use a variety of social media and online tools to help your students. You will also spend some time discussing ways to overcome resistance you might encounter in using these programs. For any teacher interested in social media, from beginners to advanced social network



**Craghead Street, Historic Warehouse District, Downtown Danville**

**Carrington Pavilion, Community Market, Pepsi Building**

For information call 434-797-8961 or email [thecrossing@visitdanville.com](mailto:thecrossing@visitdanville.com). To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to [playdanvilleva.com](http://playdanvilleva.com)

### Danville Farmers' Market (Saturdays)

Danville Farmers' Market is now open each Saturday morning through October. The market operates from 8:00am-12:00pm. Purchase locally grown fresh produce, grass-fed and farm fresh meats including beef, pork, poultry, and lamb; homemade baked goods, honey, jam, jellies, and canned goods, as well as farm fresh eggs, plants and flowers including bedding plants, potted plants, cut flowers, wreathes, flower arrangements, and fresh and dried herbs. Also on site is artwork and crafts handmade by local artisans.

### Fall Events at the Danville Farmers' Market

#### Sept. 4 - Children's Day at the Market

Children are invited to the Danville Farmers' Market to learn about planting plants in pots and growing them through the fall and winter. Children will receive a free potted plant to take home and grow on their own. Parents can also gain some valuable help with their indoor plants from the Master Gardeners.

#### Sept. 11 - Chef at the Market- "Market Tailgating"

Visit the Farmers' Market and obtain some fresh new ideas to use at your next tailgating party. Kick off the 2010-2011 football season with new grilling ideas you can use to prepare local foods available for purchase here at the Danville Farmer's Market.

#### Sept. 25 & 26 - Danville Old 97 Rail Days and NTRAK Show

(See the Special Event section of this issue of City Currents. For details and schedules go to [www.visitdanville.com](http://www.visitdanville.com) or call 434-797-8961.

#### Oct. 2 - Chef at the Market- "5 Ingredients or Less"

Visit the Farmers' Market and learn how to make a meal using 5 ingredients or less, some of which can be purchased right here at the Market. A local chef will be on hand demonstrating and giving samples of new meal ideas using foods that can be purchased at the Danville Farmers' Market.

#### Oct. 9 - Master Gardener Fall Clinic

Come to the Danville Farmers' Market for a free clinic from the Danville Master Gardeners and Virginia Cooperative Extension. The clinic will cover such fall topics as: Creating a Compost to use in your garden next season; Seeds and how to collect, store, and plant the following season; Preparing your lawn for the fall and winter; and Fall/Winter preparation tips for flower pots and beds. Clinic will include demonstrations, seminars, and valuable information.

#### Oct. 16 - Scarecrows Everywhere!!

Join us at the Danville Farmers' Market to design, create and display your own life size scarecrow. All materials will be provided free of charge. Event will be open to children, adults, and families; all you need to bring is creativity!!! Scarecrows will be displayed outside the Community Market building and judged up until Halloween. A winning scarecrow will then be crowned and a prize will be rewarded!!

#### Oct. 23 - Pumpkin Decorating Fest

Pick out a free pumpkin from the Danville Farmers' Market and decorate it to take home. Supplies will be available free of charge to decorate your pumpkins how you wish.

#### Oct. 30 - Halloween at the Market

Children wear your costumes to the Danville Farmers' Market. Trick-or-Treat at our Market booths, where vendors will be handing out goodies and candy to all costumed trick or treaters!! Stop by the Danville Farmers' Market booth to have your picture taken for the costume contest that will be held throughout the day, with prizes awarded.

#### Nov. 6 - Holiday Market

Vendors, sign up to sell your crafts, baked goods, wreaths, trees, etc. at the Holiday Market. Booths will be available for rent and tables will be provided.

**Not a vendor? Make sure you visit the Holiday Market to buy various foods, gifts, etc. for your upcoming holiday meeting and events.**

#### Nov. 20 - Holiday Bazaar

Need a gift for someone who has it all? Want to find something unique and different? Visit the Holiday Bazaar and see what Danville crafters, bakers, and artisans have to offer. Select from unique one of kind artwork, crafts, etc. Sweet tooth? Baked goods will be available as well, great to purchase and use at an upcoming family holiday events!!

#### Farmers' Market e-Newsletter

Check out our e-newsletter on [playdanvilleva.com](http://playdanvilleva.com). The newsletter will give Community Market news as well as recipes, tips on gardening and buying produce. **If you are interested in receiving the e-newsletter email us at [thecrossing@visitdanville.com](mailto:thecrossing@visitdanville.com) and type subscribe in the subject line.**

### Crossing at the Dan Facilities Can Accommodate Any Event

#### Community Market

Remember, the Community Room at the Community Market is available for your special events and is an ideal location for your wedding rehearsal dinners, wedding receptions, family gatherings, business expos, job fairs, employee functions, as well as workshops, meetings and small conferences. There is even a private Conference Room available now at the Community Market. The rental fee includes free wireless Internet connection, tables and chairs and serving kitchens.

#### Pepsi Building

Idea for smaller groups of 160 or less this building will also suit needs for birthday parties, small workshops, meal functions, anniversary and family gatherings and meetings. A kitchenette is available along with tables, chairs and wireless Internet.

#### Carrington Pavilion

Outdoor Amphitheatre available for large events with covered stage and seating for over 1,100 plus and approximately 4,000 lawn seats. Includes dressing rooms, and ample electrical hook up for large shows and productions. The Pavilion is great for public events as well as private functions for employers, businesses and industries.

**To obtain information on any of these venues at The Crossing at the Dan call the office at 434-797-8961 or go to [www.playdanvilleva.com](http://www.playdanvilleva.com)**

### Special Events and Concerts at the Crossing

For information on concerts and special events planned for The Crossing and Carrington Pavilion this fall check out the Special Event section of this issue of the City Currents. **For more details and information on special events, tickets, etc. go to [www.visitdanville.com](http://www.visitdanville.com) or call 434-793-4636.**

## Outdoor Recreation

### OUTDOOR RECREATION DIVISION

For more details contact us at 434-799-5215

To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to [playdanvilleva.com](http://playdanvilleva.com)

#### Kayak Trips

##### Thursday Evening Canoe & Kayak Adventures

Don't miss out on some of the last kayaking trips of the year! Outing destinations and experiences vary from secluded and scenic views to fun, fast-paced rides on Class I and II rapids. Experienced staff will guide and instruct paddling techniques, as well as how to have a safe and fun trip.

**City: Adult- \$7.00; Youth/Sr. - \$6.00, NCR: Adult- \$11.00; Youth/Sr.- \$9.00**

##### Kayak - Abreu-Grogan Park to Islands and Dinner #1984

**Thursday, September 9, 5:45-7:45pm**

Dinner will be held at Franks Italian Restaurant at own cost. Registration and Payment Due: September 2. Ages 10-Adult.

##### Kayak - Dan Daniel Memorial Park to Anglers Park #1985

**Thursday, September 16, 5:45-7:45pm**

**Registration and Payment Due: September 7. Ages 14-Adult.**

#### Youth Outdoor Activities

##### S.T.R.E.A.M Kids #1986

If your child loves getting outdoors, playing with crawfish and salamanders or just enjoys frolicking around in the creek, we have the program for them. This 4- week class will explore local creeks, streams and rivers to educate youth on the way these bodies of water work together and how we impact them. Also, we will catch and learn about the reptiles and amphibians in our local environment. **Program meets at Ballou Park. Wednesdays, September 15, 22, 29 & October 6, 3:30-5:00pm**  
**Registration and Scholarship Applications Due: September 6.**  
**FEE: Full and partial scholarships are available for those who qualify. Open to City Residents only. AGES: 8-12.**

##### Archery for Teens #1991

Gain knowledge, skills and experience in this 4-session class. Participants will learn using state of the art Re-curve bows and equipment. This fun and exciting class will not only teach you how to safely and efficiently shoot your bow, but also maximize accuracy and efficiency. This class is also a pre-requisite for the Spring Advanced Archery Class, so sign up now while spots last. Participants will be lead by certified Archery Instructors Jason Bookheimer, Johnnie Walker and Scott Thompson.

**Tuesday & Wednesdays, October, 5, 6, 12 & 13; 6:30-7:30pm, Coates Recreation Center**

**City: \$27.00, NCR: \$39.00; Registration and Payment Due: September 26. Ages 12-18.**

##### Finding Our Way #1994

Sessions will begin by introducing students to map and compass skills, progressing to orienteering and finishing with basic GPS skills. Throughout the program participants will gain the knowledge needed to understand the basic concepts and skills involved with each subject.

**Wednesdays, October 13, 20, 27, & Nov. 3, 3:30-5:00pm**

**Registration and Scholarship Applications Due: October 2.**

**FEE: Full and partial scholarships are available for those who qualify. Open to City Residents only. AGES: 10-14. Call 799-5215 for more details.**

##### Youth Adventures Series #1999

Hey, Kids! Here's your chance to sign on for great outdoor adventures in camping, canoeing, hiking, and fishing. You will gain valuable skills and have exciting hands-on experiences. A qualified instructor will lead each activity. Guaranteed to be fun-filled and educational.

**Wednesdays, November 10, 17, 24 & December 1, 3:30-5:00pm, Ballou Nature Center**

**FEE: Full and partial scholarships are available for those who qualify. Call 799-5215 for information.**

**Registration and Scholarship Applications Due: Nov 1. Ages 8 - 12.**



## City Currents

### Swimming

#### Swimming Adventures for Beginners - September/October #1989

Love the water? Learn to swim! This program is designed for children who have no prior swimming experience. Classes feature water games, floating and basic swimming strokes. Each session includes eight classes (two classes each week for 4 weeks) and will take place at the YMCA.

- **Session 1: # 1989** - Tuesdays and Thursdays, September 28-October 21, 3:30-4:15pm. Registration and Scholarship Applications Due: September 19.
- **Session 2: # 1990** - Tuesdays and Thursdays, October 26- November 18, 3:30-4:15pm. Registration and Scholarship Applications Due: Oct 17.
- **Session 3: # 2006** - Tuesdays and Thursdays, November 30- December 30, 3:30-4:15pm. Registration and Scholarship Applications Due: Nov 21.

**FEE: Full and partial scholarships are available for those who qualify. Open to City Residents only. AGES: 6-12. Call 799-5215 for more details.**

### Outdoor Education

#### Hunter Safety Education #1987

Get ready for this year's season early; bow season will be here before you know it! This is required for first-time licensees, for those who did not buy a license the previous year and is a great refresher for novice and experienced hunters. Instructors from the Virginia Department of Game & Inland Fisheries will share gun safety, first aid, tracking tips and more. All classes meet at Ballou Nature Center. Limited Spots Available.

- **Session 1: #1987** - Sept 20, 22 & 23 6:00-9:30pm. Advance registration required. Ages 12-Adult. FREE!!
- **Session 2: # 1997** - Oct 18, 20 & 21 6:00-9:30pm. Advance registration required. Ages 12-Adult. FREE!

#### Leave No Trace (LNT) Clinic #1992

Whether you are an outdoor enthusiast or beginning to explore the outdoors, take the time to learn how you can make less of an impact on the environment. Not only will you learn common LNT practices, but also you will learn techniques such as how to build a fire and not leave anything behind, natural ways to clean dishes, waste and food disposal and more.

**Thursday, October 7, 6-7:30pm, Ballou Nature Center**

**City: Adult- \$5, Youth/Sr. - \$4; NCR: Adult- \$7, Youth/Sr. - \$6**  
**Registration and Payment Due: Sept. 28.**

## How To: Tie Knots #1995

Do you get frustrated when the knots you tie just don't ever seem to hold or you have to cut them to get your rope back? Whether you are a scout leader with some experience or are looking to learn some new knots to use around your house, camping, paddling, climbing or any other application, this class is for you. This class is 100% hands on, so you will go home with plenty of experience.

**Thursday, October 14, 6:00-8:00pm,  
Ballou Nature Center**

**City: Adult- \$5, Youth/Sr. - \$4; NCR:  
Adult- \$7, Youth/Sr. - \$6**

**Registration and Payment Due: October 5.**

## How To: Cook with a Dutch Oven #2000

Are you ready to try something new on your next camping trip? Maybe you are looking for a fun family activity to do in your own back yard? Try your hand at simple and delicious dishes you can prepare in a Dutch Oven. We will spend the class going over recipes and cooking methods, but the best part is we will actually cook a pizza during the class so you will get the full experience!!

**Thursday, November 11, 6:00- 8:00pm,  
Ballou Nature Center**

**City: Adult- \$8, Youth/Sr. - \$7; NCR:  
Adult- \$12, Youth/Sr. - \$11.**

**Registration and Payment Due:  
November 2.**

## How To: Build an Outdoor Brick Oven #2003

Impress your friends or maybe add a new twist to outdoor cooking. Learn how to build your very own Brick Oven from scratch or from a kit. This class will offer advice and options from professional builders as well as advice from a local builder. Once you make your decision, you will be able to serve brick oven pizzas, rotisserie chickens, fresh bread and more.

**Tuesday, November 16, 6:00- 7:30pm,  
Ballou Nature Center**

**City: Adult- \$5, Youth/Sr. - \$4; NCR:  
Adult- \$7, Youth/Sr. - \$6**

**Registration and Payment Due:  
November 8.**

## Introduction to Map and Compass #2004

Until GPS technology enables collection of satellite signals through tree cover, you never want to be without a map and compass in the woods! Learn how to read your compass, orient your map, shoot bearings, read elevation change, determine hiking speed and more.

**Thursday, November 18, 6:00-8:00pm,  
Ballou Nature Center**

**City: Adult- \$5.00; Youth/Sr. - \$4.00,  
NCR: Adult- \$7.00; Youth/Sr.- \$6.00**

**Registration and Payment Due:  
November 9. Ages- 8 & up.**



## Hiking and Rock Climbing

### Hike - Cascades Waterfall #1996

Don't miss out on one of the most beautiful hikes in our area. This short hike offers a spectacular view of the Cascade Waterfall. Along the way we will hike along the Little Stony Creek all the way up to the waterfall where we will enjoy lunch, poolside by the falls. After the hike back we will stop and enjoy some ice cream before heading back to Danville.

**Saturday, October 16, 9-6:00pm, meets  
at Ballou Nature Center**

**City: Adult- \$16.00, Youth/Sr. - \$13.00,  
NCR: Adult- \$20.00; Youth/Sr.- \$17.00  
Registration and Payment Due: October  
7. Ages 10 to Adult**

### Peaks of Otter Hike #2005

Enjoy the beauty of open vistas while climbing one of Virginia's most renowned peaks. After hiking to the picturesque view, enjoy a picnic lunch on the summit of Sharp Top Mountain. After descending, shop for unique items at the Peaks gift shop and gobble up fresh locally grown fruits and homemade treats at a valley orchard. Level of Hike: Moderate (Steep 1.5 miles up, but downhill all the way back!)

**Saturday, November 20, 8:00am-5:00pm**

**City: Adult- \$16.00, Youth/Sr. - \$13.00,  
NCR: Adult- \$20.00; Youth/Sr.- \$17.00  
Registration and Payment Due:  
November 11. Ages 12-Adult**

### Rock Climbing - Hanging Rock State Park #1993

Start this fall out with a fun and exciting day trip to Hanging Rock State Park in North Carolina. On this trip we will set up several different top-rope climbs that will fit beginners and even those with some experience. Climbing instruction and tips will all be reviewed before the trip; all gear is included as well.

**Saturday, October 9, 9-6:00pm, meets  
at Ballou Nature Center**

**City: Adult- \$25, Youth/Sr. - \$23; NCR:  
Adult- \$37, Youth/Sr. - \$35  
Registration and Payment Due:  
September 30. Ages 12-Adult**

## Outdoor Recreation

### Outdoor Recreation Special Events

#### Southside Scramble Mountain Bike Race #1988

**Saturday, September 25, 10:30-2:00pm,  
Anglers Park. (Registration 9am)**

Email: bookhjl@ci.danville.va.us . For more details check out the Special Event section of this City Currents on Page 28.

#### Fall River Clean Up #1998

**Saturday, October 23, 11am - 1pm.** Meet at the Pepsi Building, Crossing at the Dan Call 791-5160 or 799-5215 for information.

For more details check out the Special Event section of this City Currents on Page 28.

#### Fall Skate Show #2001

**Saturday, November 13, 11:30-1:30pm, Philip Wyatt Memorial Skate Park, Dan Daniel**

Please pre-register by Nov 4. For details and to register call Outdoor Recreation at 434-799-5215.

For more details check out the Special Event section of this City Currents on Page 29.

### Mark Your Calendar for these upcoming Outdoor Holiday Events!!

#### Luminary Trail Walk

December 3, 6-8pm Riverwalk Trail at Dan Daniel

#### Ballou Tree Lighting Festival

December 4, 4:30-5:30pm, Ballou Recreation Center





### Additional Services

#### Adventure Programs for Groups

Would you like your family, church group or co-workers to have their own customized outdoor activity? Just call to schedule your group for canoeing, hiking, spelunking, climbing, teambuilding or any outdoor related activity. You must have eight people or more, and half must be city residents. Call 799-5215 and make your reservations today! Must make reservations at least one month in advance.

#### Equipment Rental

Need a little more equipment for that outdoor adventure? Outdoor Recreation can help you out! You may rent a variety of outdoor gear to include tents, backpacks, helmets, canoes, kayaks and more. To best serve you, reservations are requested at least one week in advance.

#### Park Shelters and Picnic Site Reservations

Fall is a great time for your family reunion or a birthday party at one of our local shelters. Be sure to take advantage of these great opportunities while they last. Call now to reserve your spot at Dan Daniel Memorial Park, Ballou Park and Camilla Williams Park. Shelters or picnic tables are also available at other public parks and neighborhood playgrounds. **Call 799-5215 for more details.**

#### Ballou Park Disc Golf Courses

Explore the full 18-hole course or enjoy the recreational 9-hole course making it fun for family and competitive play. The 18-hole course offers a wide variety of hole construction as well as a variety of challenges for the beginner and experienced player. Stay tuned for new tournaments and special events. For course information, check out the kiosk near Hole #1 on the 18-hole course or call our office. **The course is free to play, bring your disc and fly freely.**

#### Philip Wyatt Memorial Skate Park

Danville's skate park has 8800 square feet of 6ft-3ft quarter pipes, grind boxes, rails, and new ramps. This park is an unsupervised park at all times and open only during park hours. **If you would like to rent the park for a special event, give us a call at 799-5215, for more information.**

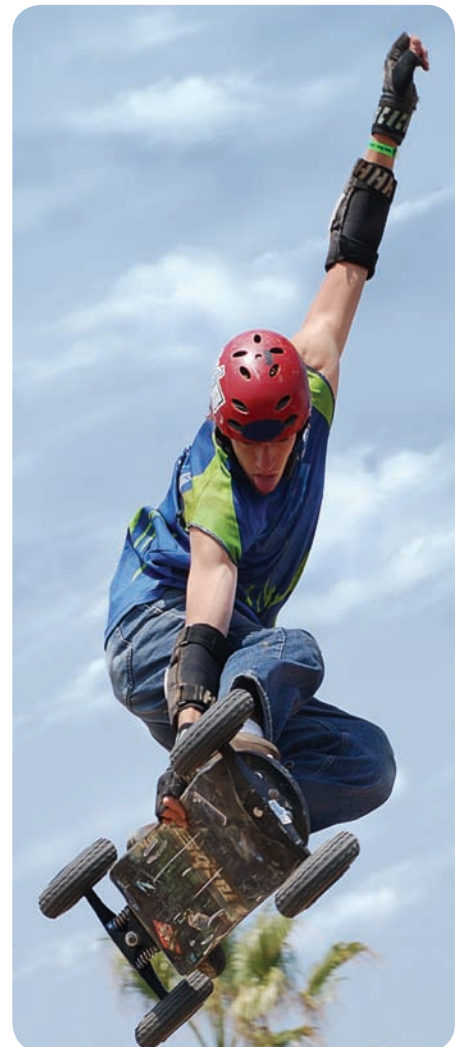
#### Trails

Make plans for an autumn escape along bubbling streams and forested hills – right here in Danville! Quoting one first-time hiker, "Now this is true beauty!" Enjoy Danville's 8-mile paved Riverwalk, the 17-mile Anglers Ridge Mountain Bike Trail or the many nature trails in Dan Daniel or Ballou Park. **For more details, brochures with handy maps and nature guides, or access information call us at 799-5215 or go to [www.danvilletrails.com](http://www.danvilletrails.com)**



#### Mountain Bike Trails – Real Bikers Wear Helmets!

There is no better time of year than now to ride. Located in Anglers Park are over 17 miles of mountain bike trails that offer a variety of challenges. Trails vary from expert to intermediate and beginner while providing multiple experiences for each level. Choose your own journey, long or short, by riding a single trail or a combination. The trails can be accessed from Anglers Park on Northside Dr. **Maps and other information are available at: [www.danvilletrails.com](http://www.danvilletrails.com) or [www.svmba.org](http://www.svmba.org) or by calling 799-5215. Oh yeah – don't forget to scout trails for difficulty in advance, and Wear a Helmet!**





### Facility Updates & Projects

#### New For You at Anglers Park!

What's that eye-catching new structure in Anglers Park? If you run, walk, bike or hike in Danville, you can't miss the attractive new shelter at the entrance to the Riverwalk and Anglers Ridge Mountain Bike trails. Here's the good news - there is still more to come with the continuing metamorphosis of Anglers Park. By late autumn a restroom building (yes, with running water & flush toilets!) will be added to the amenities at the Riverwalk trailhead.

Once just a bumpy dirt road leading to a rustic boat ramp, Anglers Park is on the way to becoming a destination park. In the mid-1990's a Virginia Department of Game & Inland Fisheries grant and a lot of muscle-power from members of the Dan River Anglers

Association brought paved access and a nice big parking lot to the popular fishing area. It wasn't until 2001, when the Riverwalk delivered hikers and bikers to rendezvous at the park that the area began to gain popularity with other residents. Over the past nine years, mountain bikers, trail runners, nature lovers, rugby and soccer players, have converged to join the fishing public in making Anglers a favorite family adventure destination.

The Virginia Department of Conservation & Recreation (DCR) partnered with the city to provide construction funds in two different grants to bring the Riverwalk to Anglers Park, then to extend the popular trail to the Cyber Park on Stinson Dr. Last year, in response to needs expressed in the 2007 Anglers Park Conceptual Master Plan, DCR again came to the rescue with a Virginia Recreational Trails Program grant to assist in funding the trail head improvements in the form of the shelter, water line and restroom facilities.

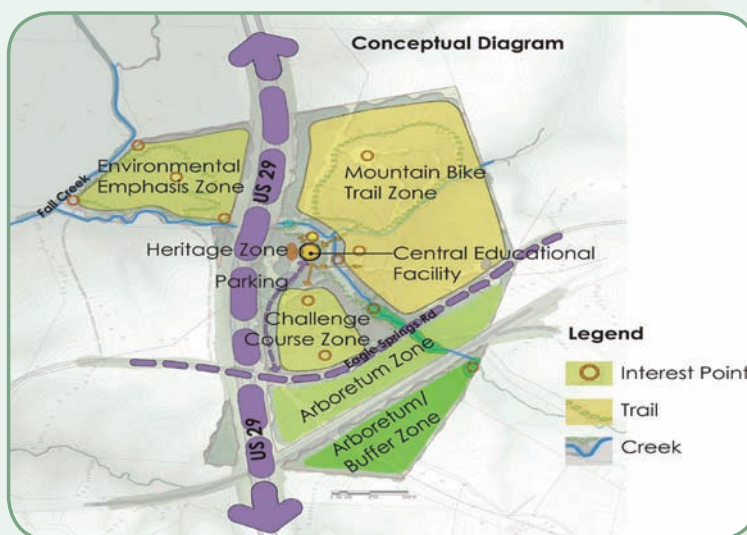
In addition to providing a convenient staging area for trail races and park events, the shelter may be rented by the public for picnic reservations. The restrooms, of course, are open to all park users from daylight to dusk. **For more information on booking a reservation or to stage a trail event, go to [www.playdanvilleva.com](http://www.playdanvilleva.com) or call 434-799-5215.**

### Evan's Park Conceptual Master Plan - An Enticing Vision

You've heard about the generous gift of 105 acres of farmland on Eagle Springs Road by Keister Evans and Bob N. Evans for the purpose of passive recreation, conservation and educational use. Now take a look at the possibilities of what the future may hold for the property dedicated to the memory of the late Ormand K. and Catherine Booth Evans.

After a series of site visits with Keister Evans, community stake holders and City staff, Virginia Tech's Community Design Assistance Center has developed an enticing vision of future amenities for the park. With the guiding principle of keeping the park natural, the limited development will revolve around outdoor education opportunities.

The proposed centerpiece of the park is a LEED-certified environmental education facility designed to host school and recreation groups conducting stream studies, wetland blitzes and arboretum excursions. The environmental center is the hub for a high ropes challenge course, amphitheater, and a group campground surrounded by a network of biking trails probing deeper into the woodland areas of the park. On the opposite side of the road an arboretum is envisioned to showcase the variety of native trees and shrubs as well as additional feature plantings. The arboretum will include bus parking, a central gathering area; gazebos and interpretive kiosks along a labyrinth of wooded pathways.



Conceptual Diagram of the Evans Park Master Plan. It is certainly an enticing vision.

From whence will the money come to build such amenities?

There are sources to explore and partnerships to be developed for this green park design concept. It is most likely the mountain bike trails and arboretum will come first, with other facilities following as ways and means are discovered. As with all dreams, Evans Park will come to fruition one step at a time, giving the Danville community an exciting long-term vision to work towards.

## Sports & Athletics

### SPORTS AND ATHLETICS DIVISION

For information on these programs and services call (434) 799-5150. To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to [playdanvilleva.com](http://playdanvilleva.com)

### Volunteers Wanted!!!

*Sports and Athletics is always recruiting and providing clinics to attract the best coaches/"youth mentors" to help with coaching and instructing youth in sports lessons and camps. Please contact the Sports and Athletics Department at 799-5150, if you or someone you know would be good at volunteering to help with molding Danville's youth.*

### Youth Sports

#### **The 2010 Danville Optimist Youth Flag Football League - # 104** **September 4 – October 23 (Registration will be held through August 20.)**

The Danville Optimist Youth Flag Football League program develops character and promotes good will among all teams and individuals. The program is designed to provide a non-contact, athletic, co-ed introductory football program for boys and girls ages 5 – 10 years (as of September 1, 2010). Leagues shall be established based upon total number of ages registered. To register, you must present the following information:

- Birth Certificate
- Completed Registration Form/Waiver Form With Parent or Guardian Signature
- Non City Resident fee of \$12.50 per child (if applicable)

#### **NFL Pepsi Punt, Pass and Kick (PP & K) - # 1791**

**Saturday, September 18, Dan Daniel Memorial Park – Football/ Soccer Field (10:00am)**

The Sports and Athletics Division will host the NFL Pepsi Punt, Pass and Kick Competition and it is free and open to boys and girls ages 8- 15. NFL Pepsi Punt, Pass and Kick is a football competition that allows participants to showcase their talents in punting, passing and placekicking with scores based on distance and accuracy. Age classification is as December 31, 2010. Participants need to provide a birth certificate or a hospital record for proof of age. Entry forms will be provided and available from Danville Parks, Recreation, and Tourism Department, Sports and Athletics Division, 125 N. Floyd Street, 4th Floor of the City Auditorium.

#### **The 2010 Youth Optimist Basketball League - # 143**

**Registration November 1 - November 24**

This program is for children between the ages of 5 - 14. Children must participate in their age division. Every participant is required to complete a registration/waiver form and it must be signed by a parent or legal guardian. Proof of age via birth certificate is required.

#### **2010 Danville Soccer Club Fall League - # 1792**

Registration will begin late August and will continue through early September for children ages 4 to 18. Soccer helps with hand and eye coordination and also is good for working and using different leg and thigh muscles. The Danville Soccer Club will provide each player the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun, enjoyment and skill development. **For more information, please contact the Sports and Athletics office at 799-5150 or visit the Danville Soccer Club website at: [www.danvillesoccer.com](http://www.danvillesoccer.com)**  
**\*Danville Soccer Club Coordinator: Angela Blankenship- email: [angela26.2@adelphia.net](mailto:angela26.2@adelphia.net)\***

#### **2010 Fall Danville Little League - # 275**

Registration during late August and early September  
Players' ages 5 – 16 years old and who reside within surrounding areas. For more information, contact the Sports and Athletics Division at 799-5150. Registration forms are located at All-Star Sports on Piney Forest Road.

## City Currents

### Adult Sports

#### **2010-2011 Adult Basketball League - # 151**

The Danville Parks, Recreation and Tourism Department will be accepting rosters for the upcoming Adult Basketball League beginning Monday, November 1 through Friday, November 26 by 5:00 pm or until the League limit of 32 teams is met. Rosters will be accepted on first come, first serve basis. **Entry fee is \$235.00 per team; non-city residents are required to pay an additional \$12.50 to be eligible for league play.**

#### **2010 Adult Fall Softball League - # 693**

The Sports and Athletics Division will operate an Adult Fall Softball season again this season. This is a good way to get your church or business involved with fun and socialization. Rosters will be accepted on a first-come, first-serve basis. A minimum of 10 players must be shown on the official roster before it will be accepted. At no time, however, shall a roster exceed 20 players. A maximum of 16 Men's teams and 8 Co-Rec teams will be accepted. Men will play on Mondays and Thursdays (rain dates Tuesdays and Fridays) and Co-Rec will be scheduled on Wednesdays. Please contact the Sports and Athletics office, for registration forms and information. Divisions: Men's and Co-Rec Slow Pitch leagues are available.

**Registration: Until Thursday, August 12. Deadline for registration: Must be completed and returned to the Sports and Athletics Division office by 5:00 pm, Thursday, August 12, 2010.**

**Cost: \$210.00 per team. Non-City Resident Fee: Additional \$12.50 per non-city resident.**



## SPECIAL RECREATION DIVISION

### Ballou Recreation Center

760 West Main Street, Danville, VA 24541  
Office Hours: 9am – 5pm, Monday – Friday  
Phone (434) 799-5216 FAX (434) 797-8902  
(434) 797-8994 Transportation

To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to [playdanvilleva.com](http://playdanvilleva.com)

Ballou Recreation Center provides recreational opportunities to active adults 50 and over, and services to seniors 60 and over. Information on specific programs can be found in the Sunday edition of the Register & Bee in the special senior section and at [www.danvillecalendar.com](http://www.danvillecalendar.com). You can also register for programs online at [www.playdanvilleva.com](http://www.playdanvilleva.com). Outreach speakers are available to inform churches, civic groups, community organizations, and housing complexes regarding services for seniors. For a monthly calendar, come by the Center. **For information regarding programs, activities and services, please call 799-5216.**

### Special Events and Tournaments

#### Senior Bowling Tournaments #448

Enjoy your favorite past time and win prizes as you bowl in our monthly Senior Bowling Tournament at Riverside Lanes. One price covers the cost of the shoe rental and three games. Prizes awarded! Have your blood pressure and body mass index checked while you wait. **Call Riverside Lanes to register, 791-2695. September 1, October 6, and November 3, 10am-12pm. Cost: \$5.**

#### Country Western Dance #980

It's time to dust off those cowboy hats and cowboy boots! You don't want to miss our annual Country Western Dance, it's sure to be a foot stomping event! No need to worry about dinner as there will be barbecue for everyone! **Tickets go on sale August 24. Cost: \$7.00. Friday, September 24, 7:30-10:30pm. Doors open at 6:30pm. Music provided by the "City Limits" band. Sponsored by the Council On Aging.**

#### Ballou Yard Sale #1727

Got Junk? Well, why not trade it for extra cash. Purchase a space or two for the Ballou Yard Sale! **Saturday, September 25, 7-11am. Rain date - October 9. Cost: \$15 per space, city discount is \$10. Deadline to purchase space is September 20. SPACE IS RESERVED UPON PAYMENT. BYOT-Bring Your Own Table. For more information, contact Ballou Recreation Center, 799-5216.**

#### Halloween Dance #1813

Be sure to put your costume on for this fun evening! It will be hard to top last year's wide variety of costumes! Music provided by the "City Limits" band. **Friday, October 29, 7:30-10:30pm. Doors open at 6:30pm. Tickets go on sale, October 1, \$6.00 in advance, \$7.00 at the door!**

#### Vegas Night #1838

Do you feel lucky? Do you love to dance, or at least have fun trying? You can have it all on Saturday, October 9. Try your luck at our games 6-7:15 pm and dance 7:30-10:30 pm. Open to fun-loving adults of all ages. DJ Danny Daniel spins your favorite dance tunes. **Tickets go on sale September 7. Cost: \$5 in advance, \$7.50 at the door.**

#### 2-Day Line Dance Evolution #1843

Attention all you line dance instructors and enthusiasts! Join us for a weekend of line dance classes and Saturday Night Open Dancing. This is a small, relaxed event with beginner and intermediate dances taught on Saturday. We review the dances taught throughout the day. Sunday is our "anything goes" day when we teach higher-level dances. We also teach requested dances as well, so if you plan to come and have a dance you want to learn, let us know. Bonnie Matthews, Gail Smith, and Harold Logan, are our scheduled instructors. Your DJ for the event is Mary Kay Johnson. This two day line dance event kicks off with workshops on Saturday, October 30, 10 am-6 pm, which ends with a Halloween Eve Line Dancers' Night Out, 6:30-10 pm. Take a break and then return on Sunday, October 31, 10 am-2 pm. **Cost: \$30 in advance or \$40 at the door for this 2-day event.**

#### Fall Holiday Luncheon #1800

Join us for our annual Holiday Luncheon! Music will be provided, with a festive luncheon following the performance, Wednesday, November 10, 11am-1pm. **Cost: \$10.50, city resident discount \$7.00. Tickets go on sale, Tuesday, September 7. Last day to purchase tickets will be November 4. Tickets are limited!**

#### Dinner Theatre at Ballou #1801

Join us for an evening of dining and entertainment. Dinner will be served at 5pm followed by a musical comedy performed by Danville's own, the D'Funny Bizness, at 6pm. **Saturday, October 23 and November 6. Tickets are \$15 in advance, \$20 at the door; \$24 for couples in advance, \$31 at the door. Tickets go on sale September 7. Contact Ballou Recreation Center, 799-5216.**

#### Christmas Ball #981

This is one of our favorite dances as everyone gets "dressed up" for an evening of dancing! This is a great way to kick off the holiday season. Music provided by the "City Limits" band. **Friday, December 10, 7:30-10:30pm. Doors open at 6:30pm. Tickets go on sale November 10; \$6.00 in advance, \$7.00 at the door. Sponsored by Council On Aging.**

#### Council On Aging Friday Night Dances #605

If you want to be with the "in" crowd then join our Friday night dances! One of the most popular places on Friday night for individuals over the age of 50! What an inexpensive, fun, and healthy way to spend your Friday Night! **Dances are held weekly 7:30-10:30pm. Sponsored by Ballou Center Council on Aging. Music provided by "City Limits Band". Doors open at 6:30pm. Cost is \$5.00.**

### Hobbies & Special Interest

#### Ballou Choir #586

See the best group in Danville that is presently on tour!! Our choir is very active throughout the City of Danville each month bringing smiles to those that can no longer get out and about. We are even available for command public performances! **Practices are held on the first Tuesday of every month, 11:15am-12:30pm. Upcoming choir performances include:**

- Abingdon Place – 2nd Thursday, 11am
- Hilltop Gardens - 3rd Thursday, 1pm
- Loyalton - 3rd Monday, 11am
- Piney Forest Nursing Home 4th Monday, 11am
- Roman Eagle Memorial Home 2nd Tuesday, 1:30 pm
- Stratford Rehab - 4th Thursday, 11:15am

#### Book Swap #467

For those who just love to keep their noses in a book, this free program is for you! Come browse the books on display at Ballou Recreation Center 9am – 5pm, Monday-Friday. Choose a book or two, sign your name to the sheet, and leave a book or two for someone else to enjoy.

## Adult Programs at Ballou Recreation Center

### Coffee House #311

Fresh Baked Cookies and Fresh Brewed Coffee, what a great smelling combo! The taste is even better! Held the last Thursday of every month, 4-5pm. We will even throw in listening to the Jammers for free. Call us to let us know that you are coming! Donations Accepted.

### "Fellowship Hour" and Wednesday Friends #621

Join this fun-loving group, who are transported from their homes to Ballou Recreation Center to attend this weekly program. We will start the day off with a Fellowship Hour, followed by a bag lunch, then a special activity. Held each Wednesday 11am – 2pm. Nominal fee. **Call the center transportation line to arrange for pick-up, 797-8994. Shopping trips will be September 8, October 13 and November 17.**

### Hobbies #470

Join in the fun with other people that have the same interest and hobbies as you. All groups welcome new persons. To find out more details about the activities listed below, call Ballou Recreation Center, 799-5216. **\*Chess Night with Larry Ford \*African Violet Society \*Card Club \*Bridge \*Billiards \*SCC Knitters \*Walking Club**

### Jammers #434

They have "The Crooked Road," we have the Thursday "Jammers"! This group meets each week to enjoy and play acoustical instruments. Bring your instrument or just sit and listen to the tunes. **Meets Thursday, 3-5pm.**

## Health-Wellness-Fitness

### Prime Time Fitness (PTF) #475

Great opportunity and such a low cost for baby boomers and beyond to get in shape, stay in shape and maintain an active, healthy lifestyle. Instructors Sallie Abreu and Sylvia South focus on low impact aerobics combined with weight training, muscle toning, and stretching. **Cost: \$2 per class or purchase a "PTF" card for \$20. Classes held Mondays, Tuesdays, and Thursdays, 9:30-11am.**

### Hoop Dancing

Hoop dancing is more than just waist hooping. It is fun and quite a workout. Join this exercise-oriented reincarnation of the 1950s Hula-Hoop craze. This program gives you a good cardiovascular workout, builds stamina and improves agility and strength. Plus, it's the "coolest" form of fitness now that there is an avid "hooper" in the White House – first lady Michelle Obama! Almost anyone can hoop, regardless of weight, age or fitness level. Join instructor Karen Maute as you reduce stress, increase flexibility, improve self-confidence and laugh until your hoops drop with these programs designed for fun-loving adults of all ages. If you are using blood thinners, please consult with your doctor before registering for this class. **Hoop is required for the class and may be purchased for \$15.00.**

- **# 2007 Session 1:** 6 week session. Thursday, September 2 through October 7, 5:45-6:45pm. Cost: \$45.00.
- **# 1848 Session 2:** 5 week session. Thursday, October 14 through November 11, 5:45-6:45pm. Cost: \$37.00.

### Energy Healing #1841

Katlin Hecox, Life Coach, will teach you about subtle energy principles and their application in improving your wellness and quality of life. Learn about chakras, meridians, hara lines, muscle testing, and techniques like EFT and Chakra Clearing to invigorate, focus and manage pain and/or stress. Thursday, September 2 - 23, 6-7:15 pm. **Cost: \$40 or \$12 per class!**

### Art of Meditation #1842

Learn to relax! Meditation is a great way to increase your sense of wellbeing and the benefits include increased vitality, stress and pain management and developing the ability to feel calm and peaceful. In this 4-week class, you will experience a variety of meditation forms and build your ability to have a regular practice. This class is great for beginners and for those with an established practice. Katlin Hecox leads this one-hour program. Thursday, September 2 - 23, 7:30-8:30 pm. **Cost: \$40 or \$12 per class!**

### Chair Yoga #1840

Let Karen Maute teach you in six short weeks how to focus on your inner voice, relax, open various energy channels and learn simple yoga postures. This program uses a chair for seated postures and a mat for floor postures when appropriate. Bring a beach towel or yoga mat. Open to baby boomers and beyond. Classes held Fridays, September 3-October 8, 9:30-10:30 am. **Cost: \$45 or \$8 per class.**



### Get Moving #2057

Coates Recreation is helping you keep those holiday pounds off! We will be providing low impact exercise classes for adults ages 50 +. Come join us here at the center as we stay true to our new year's resolution, by exercising and shedding those gained pounds. Classes will be held Mon/Wed/Fri. from 10:00am-11:00am beginning September 12 – November 19. **Cost for the class is only \$2/CR and \$4/NCR for each session. Please call Coates at 799-6564 for more information and to register.**

### Assault Resistance Training (ART) Self Defense #1474

Learn simple effective self-defense techniques tested and proven to work! Instructed by Patrick Garland. **Cost: \$20** per session. Six week program begins Saturday, September 11, 9-10:30am.

### Midday Workout Express #1450

Need a quick energy boost in between your workday? Join us for 30 minutes of strengthening your muscles and burning fat, while still having time to grab a bite to eat before returning to work. This 30-minute express workout will be held Mondays and Fridays, 12-12:30pm beginning September 13. Six-week session. We will cover a variety of exercises including a warm-up and cool down. Instructed by Joy Bradshaw. **Cost: \$7.50 per class, city discount: \$5 per class.**

### Strengthen and Tone #1448

Troubled by those not so toned areas? Join us for 45 minutes of strengthening and toning along with some cardio moves to get the heart pumping. Six-week session. Wednesday, September 15, 4-4:45pm. Instructed by Joy Bradshaw. **Cost: \$7.50 per class, city resident discount: \$5 per class.**

### 10 For 10 Personal Training #1722

Interested in Personal Training? Come by Ballou Recreation Center and sign up for personal training with Danville's own Coach Wilson of Divine Fitness for only **\$10 per session. THAT'S RIGHT, 10 SESSIONS FOR \$10 EACH!!** Sign up now to receive your FREE consultation. **Contact Ballou, 799-5216, for more information.**

### Get Fit While You Sit #1108

This class is designed to stretch and strengthen your entire body while seated! You will gain knowledge of beneficial movements that can be applied daily at home. All ability levels are welcome! Instructed by Joy Bradshaw. Wednesday, September 22, 12:45-1:45pm. **Cost: \$2; city resident discount: \$1. Register by September 17.**



### Cardio Away #1449

Join us for a fun low impact cardio workout. We will incorporate simple dance moves along with standing abs and toning exercises. Six week session beginning Saturday, September 25, 10:30-11:30am. Instructed by Joy Bradshaw. **Cost: \$7.50 per class, city discount: \$5 per class.**

### Couples Massage #1844

Lots of spas offer basic massage, but we are taking it one step further with a massage class for couples. Bring your spouse, partner or friend, as Katlin Hecox, a licensed massage therapist, demonstrates basic massage strokes like effleurage (the long, flowing strokes of classic Swedish massage), then leads you in giving and receiving a massage. Massage is a great way to forget about your worries and stress. Thursday, October 7, 6:30-8:30 pm. **Cost: \$25 per couple.**

### Fitness Equipment #479

Available on the upper level of Ballou Recreation Center, is a Recumbent C52r Bike and Airdyne Exercise Bike, along with a Cardio Fit Machine and Lateral Thigh Trainer. These are available for use daily, on a first come, first-serve basis, Monday - Friday, 9am -5pm.

### Exercise From Home #925

This exercise program is designed for those individuals who are homebound or unable to attend our PTF classes at Ballou Recreation Center. Join us on Comcast (Adelphia) **City TV-20 as scheduled below:**

- Mondays, Wednesdays, Fridays – 8am
- Saturdays – 6:30am and 10am
- Sundays – 9:30am

## Dance Classes

### Shag Line Dance Workshop #1834

Attention shaggers - young and old!! Let's get ready for Fall SOS! Here's your opportunity to learn the shag line dances that everyone will be doing. Sue Ann Ehmann, line dance instructor and choreographer, will instruct this 3-hour workshop. Saturday, September 11, 11am-2 pm. **Cost: \$10 in advance, \$15 at the door.**

### Boogie Mondays #474

Learn new dances, make new friends and have loads of fun in the process. Join instructors, Donna Robbins and Kelly Bryan, every Monday night. **Cost is \$3 per visit or a Dance Card for \$15. Time: 7-8:30pm**

- September 13, 20, 27 – Waltz II
- October 4, 11, 18, 25 – East Coast Swing
- November 1, 8, 15, 22, 29 – East Coast Swing II

### Beginner Shag #1835

The Danville Shag Club is once again offering you an opportunity to learn the "dance of the South" – the Shag! Let Danville's very own Shag Icon, John Gilstrap, teach you the basic steps of Shag in this six-week Beginner Shag class. Tuesday, September 28 through November 2, 7-8pm. **Cost: \$30.**

### Intermediate Shag – Male/Female Lead Steps #1836

John and Janice Gilstrap along with members of the Danville Shag Club will teach a six-week intermediate shag class featuring male/female lead steps. Tuesdays, September 28 through November 2, 8-9pm. **Cost: \$30.**

### Beginner Line Dance Workshop #1846

Are you one of those still trying to get in step with everyone else on the Electric Slide and the Cupid Shuffle? Here's your chance to learn the most popular line dances from line dance instructor and choreographer, Sue Ann Ehmann. **Saturday, October 2, 11 am-2 pm. Cost: \$10 in advance \$15 at the door.**

## Sports & Games

### Wii Hour #1724

Come by Ballou Recreation Center and have fun playing sports and games on the Nintendo Wii. The Wii will be available for open play on Wednesdays and Fridays, beginning September 14, 4-5pm. **No cost.**

### Senior Tennis #481

Join fellow tennis advocates, who play on Ballou Park's tennis courts. This is a great way to stay active, bond with fellow tennis enthusiasts and enjoy the great outdoors. **Monday, Thursday and Saturday, 8:30-11:30am.**

## Adult Programs at Ballou Recreation Center

### Trips

#### Richmond, Virginia #1802

Come with us on a tour of Virginia's historical capitol building and the Executive Mansion. After lunch on your own at one of Richmond's great places to eat, we will take a tour of the Virginia Museum of Fine Arts. **Tuesday, September 14, 6am-6pm. Cost: \$55.00, City Resident Discount: \$45.00. Registration deadline is August 31. Contact Ballou, 799-5216, for more information.**

#### Peaks of Otter and Apple Orchards #1803

Travel with us to the Blue Ridge Parkway to the Peaks of Otter. We will visit the visitor center, have lunch at the lodge and restaurant, and stop along the way to get apples, etc. at the orchards. **Tuesday, October 12, 9am-6pm. Cost: \$47.00, City Resident Discount: \$37.00. Registration Deadline is September 28. Contact Ballou, 799-5216, for more information.**

#### Concord Mills, Concord, NC #1804

Here's a trip that will help you get ready for the holiday season. We will visit the NASCAR Hall of Fame and shop at Concord Mills in Concord, NC. Concord Mills features over 200 stores including manufacturer and retail outlets, off-price retailers and unique specialty stores. You can shop until you drop. We will stop for breakfast at I-Hop in Salisbury, NC and eat lunch on your own at the Best Fest Food Court and Restaurants. **Tuesday, November 9, 6am-7pm. Cost: \$65.00, City Resident Discount: \$55.00. Registration deadline October 22. Contact Ballou, 799-5216, for more information.**

### Programs and Classes

#### BINGO #1389

Challenge your mind and play bingo with us at our monthly outreach locations. Door prizes are always needed; feel free to donate any unused gifts to our bingo program. **Play with us FREE at these monthly locations:**

- First Monday – IHOP – 1-3 p.m. – Oct. 4, November 1
- Third Tuesday – Abingdon Place 10:30-12 Noon – September 14, October 12, November 9
- First Wednesday – Hardees on Riverside Drive – 1-3 p.m. – September 1, October 6, November 3
- Third Wednesday – Hardees on Piney Forest Road – 1-3 p.m. – September 15, October 20, November 17.

#### Hospice Volunteer Training #1832

Make a difference in your life and theirs – be a Hospice volunteer! Training available now. If you can sit with a patient to offer companionship, assist with errands in the home or demonstrate your care for others then become a Liberty Hospice Volunteer. **Tuesday, September 14, 2-4 pm. Cost: FREE! Please call to register.**

#### 5 Wishes Workshop #1833

Don't miss this invaluable workshop to gain control of how you will be treated if you become seriously ill. Learn the importance of having a Living Will document. Come to our 5 Wishes Workshop and receive a free copy of the 5 Wishes Living Will advance directive distributed by Liberty Hospice Services. Instructions will be given on how to complete the 5 Wishes with ease and confidence. **Tuesday, October 19, 2-4 pm. Cost: FREE! Please call to register.**

### Arts & Crafts

#### Fall Craft Hour #1793

Come and make a fall centerpiece or door decoration just in time for the Fall Holidays using leaves, grapevine, felt etc. Materials will be included, but you are welcome to bring in any items you would like to include in your decoration. Instructed by Melanie McLarty. **Wednesday, September 15, 12:45-1:45pm. Cost is \$2; city resident discount is \$1. Register by September 10.**

#### Easy Soap Making Recipes Using Kitchen Items #1400

This workshop will focus on making soap the easy way using things you find in the kitchen. Each participant will make six natural soaps that are good for the skin. **Friday, October 15, 1:30-3:30pm. Instructed by Melanie McLarty. Cost is \$22.50; city resident discount is \$15.**

#### Pumpkin Decorating Contest #1794

You will have many materials to use to create a unique and fun pumpkin to display for Halloween. Pumpkins will be judged and prizes will be awarded. **Wednesday, October 27, 12:45-1:45pm. Cost is \$3; city resident discount is \$1.50. Materials are included in the cost. Register by October 22.**

### Educational Workshops

#### Let's Explore Ghana, Africa! #1796

Take a tour of Ghana with Valorie Carson. Valorie is a collector of African art, textiles, furniture, masks and carvings and she will display and discuss various items from her collection. There will also be a sampling of African cuisine to taste and African music to enjoy. **Wednesday, September 1, 12:45-1:45pm. Cost: \$2.00, city resident discount, \$1.00. Please register by August 30.**

#### Hospital to Home Program #1797

When a loved one is being discharged from the hospital, the options can be overwhelming and confusing. Please join us to learn more about the options available to you in the event you are faced with these challenges. All of this information can be very confusing and a lot of times, the family doesn't know where to turn for answers. That is where we come in. We will walk you through step by step the direction you need to go and answer all your questions. Presented by: Jayne Powers - Chatham Health & Rehab, Debbie Roach - Romar MedEquip, Brynn Hughes - Liberty HomeCare & Hospice, Amy Barbour – Team Nurse, Rick Neal – Abingdon Place. **Light Refreshments will be served. Wednesday, September 29, 12:30-2pm. Cost: \$2.00, city resident discount, \$1.00. Register by September 27.**

#### Glamour Time! #1798

Put a little glamour in your life with this fun makeover using make-up and skincare products from Mary Kay. Shanette Jenkins will lead this workshop – showing you how to add fall colors and sparkle to your face. **Wednesday, October 6, 12:45-1:45pm. Cost \$2.00, city resident discount, \$1.00. Register by October 1.**

#### Healthy Halloween Treats #1799

Beverly Vaden with the VA Cooperative Extension Family Nutrition Program will be cooking up Healthy Halloween Treats for us to sample and sharing recipes to use at home. **Wednesday, October 20, 12:45-1:45pm. Cost: \$2; city resident discount \$1. Register by October 15.**

#### Food Safety for The Holidays #1795

Learn some very important food safety tips from Beverly Vaden with the VA Cooperative Extension Family Nutrition Program just in time for those big holiday get-togethers! Tips for food handling, serving and storage will be discussed. **Wednesday, November 3, 12:45-1:45pm. Cost: \$2.00, city resident discount \$1.00. Register by November 1.**

#### Computer Learning (Self-Taught) #468

Do you find that you do better work self-paced? Then we have the class for you! Adults 50+ can sign up for a brief tutorial for the following interactive computer learning CD's: Office 2000, Excel 2000, and Access 2000. Call the center in advance to let us know that you are coming. **No cost.**

#### Computer Classes #469

Sign up now by calling the center to find out the times, dates that are available for our computer classes being offered during the week with our volunteer teachers! 4-week session. **Cost: \$15, city resident discount: \$10.**

### Services for Seniors

#### Danville Senior Transportation #482

Danville city residents, ages 60 and over, are fortunate to have curb to curb, accessible transportation, for medical appointments, grocery shopping needs, occasional recreational trips, congregate meal site sessions, etc. Transportation is provided to those in need of services that promote continued independent living. Call 797-8994 to see if you qualify and to schedule a pick up. **Appointments scheduled Monday-Thursday, 9 am-2 pm. \$1 donation is requested.**

#### Real Estate Tax Relief for the Elderly and Reduced Refuse Fees Programs #1394

Danville city residents, age 65 or older, and those who are permanently and totally disabled whose net financial worth does not exceed \$50,000 (of all owners), net combined income does not exceed \$20,000 may qualify for reduced real estate taxes and/or garbage fees. **A new application must be completed every year and are accepted on a first-come, first-serve basis. July 2-September 30, 9am-2pm.**

#### Senior Computer Lab #1395

The Ballou Recreation Center has two computers available on a first-come, first-serve basis for use by citizens 50 years and older. You can surf the Internet, take computer classes, learn how to type or increase your typing speed with our Mavis Beacon Typing Tutor, or teach yourself Access 2000, Office 2000, or Excel 2000 with our teach-yourself instructional CDs. **Computers are generally available Monday-Friday, 9 am – 5 pm.**

#### Volunteer Opportunities #488

**Looking to give back to your community?** Volunteers are always needed in a variety of areas. Call to offer your assistance with crafts, help with decorating and serving for special events, outreach opportunities for bingo callers and blood pressure checkers, and outreach speaking about our programs and services.



#### AAA Roadwise Review #491

Test your driving skills on this software issued by AAA to test seniors' leg strength and general mobility, head and neck flexibility, high-contrast visual acuity, low-contrast visual acuity, working memory, visualizing missing information, visual search and visual information processing speed. It is self-evaluation based on both the accuracy and speed of the responses. At the end of the program, there is feedback from the results of the test and suggestions to keep seniors driving safely longer. Call Gaynell for more information on how to use this great computer program to determine your current driving skills and to schedule a time convenient for this program. **Available Monday - Friday, 9am-5pm.**

#### Library Books #494

Thanks to the Danville Public Library, we have available to our participants, the latest releases in large-print library books that are available for checkout at the reception desk at Ballou Center.

#### Senior Citizen Organizations #746

- **Senior Citizen's Club General Meeting** – Third Thursday of every month, 12 noon – Followed by Board Meeting at 2pm.
- **Danville Chapter of the American Association of Retired Persons (AARP)** - Board Meeting - First Thursday of every month, 2pm.
- **AARP General Meeting** - Second Thursday of every month, 12 noon.

### Blood Pressure & Body Mass Index Checks Provided at the Following Locations & Times:

#### Mondays #600

- 1st McDonalds - Riverside Dr  
8:30-10:30 am  
CVS Pharmacy - Riverside Dr  
11:30 am-12:30 pm  
IHOP 1-3 pm
- 2nd McDonalds - 58 East  
8:30-10:30 am  
CVS Pharmacy - 58 East  
11:30 am-12:30 pm
- 3rd McDonalds - West Main St  
8:30-10:30 am  
CVS Pharmacy - West Main St  
11:30 am-12:30 pm
- 4th McDonalds - Piney Forest Rd  
8:30-10:30 am  
CVS Pharmacy - Piney Forest Rd  
11:30 am-12:30 pm

#### Tuesdays #601

- 1st Belks – 11am –2 pm
- 2nd Golden Corral -10:30am-12:30pm  
Ryan's Family Steakhouse - 2-4 pm
- 3rd City Armory - Floyd Street - 9-10 am  
Abingdon Place – 10:30 am –12 noon
- Last Tuesdays  
Hilltop Gardens, Forestdale Dr  
10 am-12 noon  
Hardees - West Main Street - 1-3 pm

#### Wednesdays #602

- 1st Riverside Lanes - 10-12 noon  
Hardees on Riverside Drive - 1-3
- 3rd Piggly Wiggly - Nor-Dan - 9-11 am  
Hardees - Piney Forest Road - 1-3 pm
- Last Wednesday  
Glenwood Rec Center – 8:30-10 am  
Hardees on 58 East – 1-3 pm

#### Thursdays #603

- 1st & 3rd K-Mart - 9-11 am  
Ollie's Bargain Outlet  
12noon-2pm
- 2nd & 4th Piedmont Mall - Food Court  
7-9 am  
Heritage Towers - 10-11:30 am

#### Fridays #604

- 3rd Danville House - 9-10:30 am  
Stonewall Recreation Center  
11 am-12:30 pm

#### Saturdays

- 3rd Community Market at the Crossing  
7-11 am

## Stonewall Therapeutic Recreation Center

### Stonewall Therapeutic Recreation Center

119 Bradley Road, Danville, VA 24540  
(Corner of North Main Street  
and Bradley Road)

Phone : (434) 799-5199

Office Hours: 9:00am - 4:00pm (Mon-Fri.)

To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to [playdanvilleva.com](http://playdanvilleva.com)

#### Inclusion Statement

The Danville Parks, Recreation & Tourism Department provides opportunities and recreation programs, which are open and accessible to all citizens in the city and surrounding areas regardless of sex, religion, socioeconomic status and/or level of physical or intellectual ability. Persons with disabilities are encouraged to recreate with their peers by taking any class listed in this brochure. Please call Stonewall Therapeutic Recreation Center and we will have an inclusion specialist assist you with reasonable accommodations. Please give at least three weeks notice prior to the class or program start date to make these accommodations. It is our intent to provide a safe, successful and enjoyable experience for all.

If any person with a disability wishes to participate in Therapeutic Programs geared toward specific disabilities, goals and objectives, these are offered through Stonewall Therapeutic Recreation Center, (434) 799-5199.

#### Program Requirements

All programs are open to citizens with impairments. Participation in programs is subject to minimum eligibility requirements. These include age, prerequisite skill, safety, behavior, personal care, and medical issues. Each program has specific requirements.

**Please call the center at (434) 799-5199 at least two weeks prior to the program to register. Registration is limited and will be provided on a first come, first serve basis.**

A detailed explanation of Minimum Eligibility Requirements, Behavior Guidelines, and Rules of Conduct are available upon request.



### Programs and Classes for People with Intellectual Impairments

**Target population:** People with mild to intellectual impairments, high functioning autism, and developmental disabilities.

**Prerequisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting, etc.), manage own behavior with minimal staff intervention, ability to make simple choices and desire to participate.

#### Sports & Fitness

##### Monday Movers #1808

Having an active lifestyle can make you a happier person so join your friends, as you get active and fit together. You will do a variety of exercises such as walking, weights, stretching and dancing. You will also be able to learn about how to be a healthier person. Every Monday, September 13-November 29, 10am-12pm. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity Fee: \$2.**

##### In Motion Water Aerobics #1809

Let's get fit with easy and fun exercises in the water. Wednesdays, September 1-November 17, 10am-11am at the YWCA. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity Fee: \$7.**



##### Rhythm & Dance #1810

Learn to tap your feet and move your body to jazzy and hip hop by moving to the rhythm and to the beat. September 11 and 25 and October 9 and 23, 11am-1pm. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity Fee: \$7; NCR Fee \$10.50.**



#### Self-Improvement Skills

##### Social Tuesday #1817

Explore self and community while learning social skills with peers and the public. Activities include, but are not limited to, art, outings, cooking, games, daily living skills and holiday activities. Tuesdays, September 7-November 30, 10am - 2:30pm. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity Fee \$4; NCR Fee \$5.**

##### Bargain Bin #1818

Its fun and games and a day of play. Choose your activities on Friday's Bargain Day. Every Friday, September 3 - November 19, 10am-2pm. No class October 29 and November 26. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity Fee: \$5; NCR Fee \$7.50.**

##### Saturday Outing #1820

Join your friends for a day of outdoor and community adventures such as bowling, lunar golf, and frisbee golf for ages 15 and above. October 2 and November 6, 10am-2pm. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity fee: \$5; NCR Fee \$7.50.**

##### Social Saturdays #1821

Come and join your friends for a day of fun at Stonewall Therapeutic Center for ages 9 and above. Saturdays, September 18, October 16, November 20, 10am-2pm. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity fee: \$5; NCR \$7.50 per class.**

### SPAC Yard Sale

Bargains, Bargains, Bargains. Support our Special Population Advisory Council while shopping at our local yard sale. Purchase a space to sell your own used treasures. Ballou Park, October 2, 8am-12noon. Contact Stonewall Therapeutic Recreation Center, 799-5199. **Spaces are \$10. Sponsored by Special Population Advisory Council.**

### Halloween Bash #1829

Join the ghost and goblins to dance the Halloween night away at Stonewall Therapeutic Recreation Center. Friday, October 29, 6-9pm. Contact Stonewall Therapeutic Recreation Center, 799-5199. **Cost: \$7 in advance, \$10.00 day of event.**

### Rhythm & Dance Production Debut #1830

Move to the rhythm of the beat, by moving your body and feet to the sound of music at Stonewall's Dance Production, presented by Stonewall participants. November 13, 11am-1pm. **Contact Stonewall Therapeutic Recreation Center, 799-5199. No Cost.**

## After School

### George Washington High School Afterschool #1822

Enjoy your time after school playing the Wii, hiking, cooking, fishing and enjoying many more activities with your friends at Stonewall, Thursdays 3-5pm, September-November. No class November 25. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity Fee: \$3.**

### Stonewall After School #1823

You've been sitting all day, now its time for some fun and play doing basketball, tennis, volleyball and indoor bowling. Join us for some after school fun. Ages 6-13. Every Monday and Tuesday 3-5:30pm, October 4 – November 30. Register by September 7. **Contact Stonewall Therapeutic Recreation Center, 799-5199. Activity Fee: \$3 per day.**

## Programs for People with Sensory Impairments

**Target population:** People who are legally or totally blind.

### Blind Crafters #1824

The Blind Crafters explore crafts and a variety of art media. Second and Fourth Mondays, 1-4pm. **Contact Stonewall Therapeutic Recreation Center, 799-5199 Activity fee: \$2; NCR Fee \$3.**

### Lighthouse Club #1828

The Lighthouse Club hosts speakers and presenters who have an interest and helpful information for the visually impaired. Second Monday of each month, 10:30am-1pm. **Contact Stonewall Therapeutic Recreation Center, 799-5199 Activity fee: \$2.**

## Other Programs and Services

### Sensitivity Training #740

Is your company or school in need of sensitivity training in reference to working with people with impairments? Do children in your organization tease other children who have a disability? If so, **contact Charlene Presley, 799-5199 to let us set-up a fun and informative workshop for your children or staff.** Goals are to offer outreach and education about working with people with impairments.

### Resource Speakers #741

Civic organizations, churches, and other groups seeking a guest speaker for their monthly program, in reference to the Therapeutic Recreation Center's purpose and activities, may **contact Charlene Presley, 799-5199.**

### Southern Area Agency on Aging Nutrition Program

Come together at Stonewall Therapeutic Center for fun, fellowship, and an exchange of information. This program is open to senior citizens 60 years of age and over. **Call Thursdays and Fridays, 10 a.m.-12:00 p.m. and ask for Clara Bennett (434) 799-5199.**

### In-School Recreation Therapy #743

Stonewall Therapeutic Staff will provide Recreation Therapy in the Danville Public Schools for Trainable Intellectual Disability self-contained classrooms as time permits. Service is limited to preschool, elementary school and middle school students. **Contact Stonewall Therapeutic Recreation Center, 799-5199.**

### Stonewall Walkers #744

Walk at your own pace and on your own time. If you choose to walk on the Stonewall Walking trail, one mile is 5 laps. Or, you may walk other routes. Keep a record of miles walked, using the honor system. After walking 50 miles you will receive a water bottle, 100 miles receive a t-shirt. **Contact Stonewall Therapeutic Recreation Center, 799-5199.**

### SPAC (Special Populations Advisory Council)

Meets the first Tuesday each month at 12:15pm. Friends of Stonewall assist with projects, programs, and special events. **Contact Stonewall Therapeutic Recreation Center, 799-5199.**

### Unified Bowling (Special Olympics) #1825

Meets every Wednesday 4-6 pm, October 6, 2010, through March 16, 2011, except holidays, at Riverside Lanes. Mark your calendar now for the end of season bowling banquet, April 13. Registration is from September 1-22. With 120+ bowlers registered, space is limited. Spectators are invited. **Contact Stonewall Therapeutic Recreation Center, 799-5199.**



## Special Events

### FALL 2010 SPECIAL EVENTS

To register for a program online using the Department's ActiveNet System, please refer to the program number listed beside each program and go to [playdanvilleva.com](http://playdanvilleva.com) or [www.visitdanville.com](http://www.visitdanville.com)

#### Events for Families and Children

##### **Coates Recreation Center Block Party #2024**

Come on up to Westover Drive and join Coates Recreation Center on September 11, from 1:00pm-4:00pm, to celebrate the end of another fun and enjoyable summer. Parents and children will enjoy an afternoon of great fun and games. Admission is \$5 per person. Refreshments will also be served at this event. **Please call Coates at 799-6564, for more information and to register.**

##### **Imagine Children's Festival #2039**

**Carrington Pavilion – Saturday, September 18, 10:00am-4:00pm**

Watch your imagination soar at Imagine... the Celebration. Explore new ideas, see stories come to life or discover the artist in you while participating in music, drama, art and more. Parents and children are welcome. Free admission. Food concessions and vendors will be available. Located at The Crossing at the Dan, on Craghead Street. **For more information, call 434-793-4636 or go to [www.visitdanville.com](http://www.visitdanville.com).**

##### **Old 97 Rail Days**

**The Crossing at the Dan - Saturday, September 25, 9am-5pm and Sunday, September 26, 11am-2pm**

See a miniature version of the Old '97 Wreck Scene in Danville Science Station's lobby. Now that you're thinking model trains, watch N-scale models traveling through tiny towns and rural areas. Visit a fully restored Norfolk and Western caboose. Check out your favorite model train cars in a tiny America at Old 97 Rail Days N-Scale Model Train Show. Examine small Virginia-like towns, rural areas, cities and mountains with streams cascading down their sides. The operating N-scale trains are presented by Richmond, Lynchburg and Raleigh N-scale modelers. Looking for help with the Boy Scout Railroading merit badge? National Model Railroad Association Mid East Region Liaison to the Boy Scouts Don Jennings is here on Saturday. The Norfolk Southern Lawmen, who have been entertaining railroaders and guests for over 60 years as Norfolk Southern's

in-house band, will bring their act to The Carrington Pavilion, in Danville Virginia, on September 25 at 6:30pm. The Norfolk Southern Lawmen travel extensively throughout the United States each year performing at various venues for Norfolk Southern and have appeared on network television, Fire On The Mountain, The Grand Ole Opry, the Nashville Network and many public radio broadcasts. Their performances always include railroading songs, folk songs, bluegrass, country, pop, blues and gospel music.

##### **Halloween Bash #2115**

**Saturday, October 30, 7:00-9:30pm, Squire Recreation Center**

The annual Halloween Bash is back at Squire, for children ages 5-17!!! Be sure to dress up as your favorite ghost or goblin, cartoon or Disney character, or whoever or whatever you want to dress up as (keep it clean) and make an appearance at the Halloween Bash. Tickets are \$5 per child and can be purchased at Squire Recreation Center. There will be plenty of games, candy, dancing, candy, giveaways and did I mention candy? Music from the Halloween Bash DJ and Costume Contest will wrap up the event-filled night. Bring the kids on by after you do your neighborhood 'trick or treating' or let this be your Halloween fun for the evening. **Call 799-5214, for more information. No one over 17 unless accompanied by a child.**

#### Community Events



##### **Fridays at the Crossing #1545**

**Carrington Pavilion – Friday, September 3, 6:00pm**

**Kick Off Campaign for United Way of Danville-Pittsylvania County**  
Rock the Carrington Pavilion in a good bye to summer Fridays at the Crossing. Enjoy the lively sounds of Loaded Guns while you unwind with friends on the lawn. Concessions and beverages available on site, so no coolers please. Gates open at 6 pm, admission \$3 or visit our sponsors for a free ticket. Located at The Crossing at the Dan, on Craghead Street. Sponsored by: Budweiser, Barefoot Wine, Centra, City of Danville, Nestle, Pepsi and Steve Padgett's Danville Honda. For more information, call 434-793-4636 or go to [www.visitdanville.com](http://www.visitdanville.com).

## City Currents



##### **Southside Scramble Mountain Bike Race #1988**

**Saturday, September 25, 10:30-2:00pm, Anglers Park**

Come out and compete on Southside's best single track. Whether you have been training all year or if you have just started training for the winter, this race is for you. Pre-register by September 17 or add \$5 the day of event, CASH only. Registration opens at 9:00am and the race begins at 10:30am. **Contact Jason Bookheimer, for more information. Email: [bookhjl@ci.danville.va.us](mailto:bookhjl@ci.danville.va.us) FEE: Pre-register - \$25, Day of Event- \$30**

##### **Fall River Clean Up #1998**

**Saturday, October 23, 11:00am**

**– 1:00pm** - Meet at the Pepsi Building, Crossing at the Dan  
Take the time to care for your local river by picking up trash and litter. Not only will this help the river, but will beautify our city! Bring your family, civic, church or community group to help clean up the shores of the Dan. Gloves, litter-getters and trash bags will be provided. Cosponsored by the Danville Science Center and the City of Danville. **Call 791-5160 or 799-5215 for information. Pre-registration by October 21 is appreciated, but not required.**

##### **Coates Annual Yard/Stew Sale #2023**

**November 6, 7:00am-2:00pm, Coates Recreation Center**

Coates Advisory Council's Annual Yard/Stew sale is always a huge success, so come on out and enjoy a morning of tasteful stew and shopping. This is a great opportunity for your family and yourself to get out and support the community. Tables for participants of the yard sale will be sold for \$5 per table for CR and \$8 for NCR. Stew will be \$4.50 a quart. **Tables and space are limited, so please register ASAP!!! For more information, please call Coates at 799-6564.**

##### **Danville Half-Marathon & 8K**

**November 13, 11:00am, Crossing at the Dan, Craghead Street, Downtown Danville**

Danville Community College presents the 6th annual Virginia Bank & Trust Running & Fitness Festival held in conjunction with the 2nd annual Bright Leaf Brew Fest (Special package for runners.) For Info: 434-797-8470 or [www.danvillehalfmarathon.com](http://www.danvillehalfmarathon.com)



### Bright Leaf Brew Fest #2041 Danville Community Market – Saturday, November 13, 2:00-8:00pm

The third annual Bright Leaf Brew Fest is the perfect recipe for a good time. Select from over 100 styles of beer to sample, talk to brewery reps and enjoy an afternoon with friends. Located in the Danville Community Market on Craghead Street, the heart of Danville's historic tobacco warehouse district. Admission is \$19 and tickets go on sale September 1. Must be 21 or older to attend. Designated Driver tickets available. Transportation will be available to and from the Comfort Inn of Danville. Price includes admission, souvenir glass and nine, four-ounce samples of your choice. Food and product vendors will be present. **For more information, call 434-793-4636 or go to [www.visitdanville.com](http://www.visitdanville.com).**

### Fall Skate Show #2001 Saturday, November 13, 11:30am- 1:30pm, Philip Wyatt Memorial Skate Park, Dan Daniel

Don't miss out on the last skate park activity of the year!! At this event, participants will have the chance to show off their skills, tricks or just goof around. Prizes and giveaways will be distributed by age and according to some new categories. This is not a competition, but rather a fun way for participants to enjoy the friendly atmosphere. Free!!! Please pre-register by November 4. **For details and to register, call Outdoor Recreation at 434-799-5215.**

### Riverview Rotary Christmas Parade Saturday, December 11, 6:00pm

Now taking registrations for parade entries for the 2010 "Community Christmas Spirit" Parade. Looking for marching units, bands, floats, etc. Stop by the Danville Welcome Center or print your registration form at [www.visitdanville.com](http://www.visitdanville.com). **For more information, call (434) 793-4636.**

## 2010 FALL Danville Parks, Recreation & Tourism Facility Chart

Parks	Acre	Amphitheatre	Camping	Disc Golf	Field-Athletic Multi Use	Field - Open Rec	Fishing	Horsehoes	Outdoor Basketball	Picnic Shelter	Picnic Site	Playground	Restrooms	River Access	Skatepark	Tennis Court	Trails	Volleyball Area	Recreation Center	Auditorium	Climbing Wall	Gymnasium	Kitchen	Meeting Room
Abreu-Grogan Park - Memorial Dr.	3					*				*	*		*											
Anglers Park - Northside Dr.	44	*		*	*				*	*	*	*	*	*		*	*							
Ballou Park - W. Main St.	107		*	*		*			*	*	*	*	*			*	*	*	*				*	*
Camilla Williams Park - Memorial Dr.	7			*	*	*			*	*	*	*	*			*	*							
Dan Daniel Memorial Park - River Park Dr.	180			*	*	*			*	*	*	*	*			*	*	*						
Doyle Thomas Park - Green St.	4							*	*	*	*	*	*											
H. B. Moorefield Park - 58 West	8								*	*	*	*	*											
Grove Park - Southland Dr.	15				*	*		*	*	*	*	*	*				*	*						
M. C. Martin Park - Memorial Dr.	4								*	*	*	*	*											
Pumpkin Creek Park - Taylor Dr.	34			*	*	*		*	*	*	*	*	*											
<b>Recreation Centers</b>																								
Ballou Nature Center - W. Main St.	N/A											*						*				*	*	*
Ballou Senior Center - W. Main St.	N/A											*						*				*	*	*
City Armory Rec Center - Floyd St.	N/A										*	*	*					*	*	*	*	*	*	*
Coates Rec Center - Westover Dr.	9				*	*		*	*	*	*	*	*					*	*	*	*	*	*	*
Community Market - Craghead St.											*	*	*					*	*	*	*	*	*	*
Glenwood Rec Center - Halifax Rd.	8										*	*	*					*	*	*	*	*	*	*
Pepsi Building - Craghead St.											*	*	*					*	*	*	*	*	*	*
Squire Armory Rec Center - Rt. 29 N	N/A										*	*	*					*	*	*	*	*	*	*
Stonewall Rec Center - Bradley Rd.	10			*	*	*		*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
<b>Special Facilities: Ballfields, Playgrounds &amp; Trails</b>																								
Bonner & Westwood School - Apollo Ave.	4			*	*	*		*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Campbell Street - Campbell St.	2				*	*		*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Crossing at the Dan - Craghead St. Carrington Pavilion - Pepsi Building - Community Market	12	*						*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Druid Hills Playground - Greenwood Ave.	2							*	*	*	*	*	*											
Fireman's Memorial - Worsham St.	1							*	*	*	*	*	*											
G. L. H. Johnson School - Melrose Ave.	3			*	*	*		*	*	*	*	*	*											
G. W. High School - Christopher Ln.	3							*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Hylton Hall - Hylton Ave.	6			*	*	*		*	*	*	*	*	*											
Langston School - Cleveland St.	7							*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Lefty Wilson Field - Goode St.	3			*	*	*		*	*	*	*	*	*											
Market Garden - Henry St.	6			*	*	*		*	*	*	*	*	*											
Mary Jane Hyler Playground - Shelton St.	2							*	*	*	*	*	*											
Anglers Ridge Mountain Bike Trail - Northside Dr.	17 mi.							*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Riverwalk Greenway - Dan Riverfront	8 mi.				*	*		*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Sandy Shores Playground - Rosemary Ln.	3							*	*	*	*	*	*											
Swain Acres - Springfield Rd.	7							*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Third Ave - Third Ave.	10							*	*	*	*	*	*			*	*	*	*	*	*	*	*	*
Townes Lea School - Cedarbrook Dr.	6			*	*	*		*	*	*	*	*	*											
Welcome Center - River Park Dr.	4							*	*	*	*	*	*											
Westmoreland School - Spruce St.	8				*	*		*	*	*	*	*	*											
White Rock - Cunningham St.	8				*	*		*	*	*	*	*	*											
Woodberry Hills School - Audubon Dr.	6			*	*	*		*	*	*	*	*	*											
Woodrow Wilson School - Benefield St.	10				*	*		*	*	*	*	*	*											

## Department of Parks, Recreation & Tourism



### DEPARTMENT OF PARKS, RECREATION & TOURISM

Main Office  
PO Box 3300, Danville, VA 24543  
(125 N. Floyd Street)  
Phone: 434-799-5200  
Fax: 434-799-6562  
Email: [parksrec@ci.danville.va.us](mailto:parksrec@ci.danville.va.us)

For more information on Parks, Recreation  
& Tourism Services go to the Department's  
Website at: [playdanvilleva.com](http://playdanvilleva.com)

**Director**  
Bill Sgrinia  
**Assistant Director**  
Tish Lindsey  
**Project & Account Manager**  
Gina Craig  
**Senior Secretary**  
Patty Farthing  
**Office Assistant**  
Vicki Trent

#### Community Recreation Division

**City Auditorium Recreation Center**  
125 Floyd Street, Danville  
[cityaud@ci.danville.va.us](mailto:cityaud@ci.danville.va.us)

**Adult & Preschool Programs**  
Bryan Price  
797-8848

**Squire Recreation Center**  
3194 North Main Street, Danville  
[richal@ci.danville.va.us](mailto:richal@ci.danville.va.us)

**Teen Programs**  
Adam Rich  
799-5214

**Glenwood Community Center**  
1550 Halifax Road, Danville  
[glenwoodrec@ci.danville.va.us](mailto:glenwoodrec@ci.danville.va.us)

**Children's Programs South Danville**  
Jenna Sergeant  
799-6469

**Coates Recreation Center**  
1725 Westover Drive, Danville  
[coatesrec@ci.danville.va.us](mailto:coatesrec@ci.danville.va.us)

**Children's Programs North Danville**  
Johnnie Walker  
799-6564

**The Crossing at the Dan**  
Craghead Street, Danville  
[thecrossing@visitdanville.com](mailto:thecrossing@visitdanville.com)  
**Crossing Program Director**  
Jacob McCann

**Carrington Pavilion  
Community Market  
Pepsi Building**  
Phone: 797-8961 Fax: 797-8962

#### Outdoor Recreation Division

**Ballou Nature Center**  
Ballou Park, 760 West Main Street, Danville  
Phone: 799-5215 Fax: 797-8996

**Outdoor Division Director**  
Karen Cross  
[crossks@ci.danville.va.us](mailto:crossks@ci.danville.va.us)

**Assistant Outdoor Coordinator**  
Jason Bookheimer  
[bookhjl@ci.danville.va.us](mailto:bookhjl@ci.danville.va.us)

**Recreation Supervision**  
Winfred Fallen  
[fallwef@ci.danville.va.us](mailto:fallwef@ci.danville.va.us)

#### Park Maintenance Division

Main Office  
125 N. Floyd Street, Danville  
Phone: 799-5200 Fax: 799-6562

**Park Maintenance Division Director**  
Jim Henderson  
799-5200  
[hendejc@ci.danville.va.us](mailto:hendejc@ci.danville.va.us)

**Park Crew Supervisors**  
Randee Brown  
[brownrl@ci.danville.va.us](mailto:brownrl@ci.danville.va.us)

Mark Carter  
[carteme@ci.danville.va.us](mailto:carteme@ci.danville.va.us)

Jason Houchins  
[houchjl@ci.danville.va.us](mailto:houchjl@ci.danville.va.us)

#### Sports and Athletics Division

Main Office  
125 N. Floyd Street, Danville  
Phone: 799-5150 Fax: 799-6562

**Athletic Division Director**  
Jimmy Floyd  
[floydhj@ci.danville.va.us](mailto:floydhj@ci.danville.va.us)

**Assistant Athletic Coordinator**  
Jeff Goard  
[goardjf@ci.danville.va.us](mailto:goardjf@ci.danville.va.us)

#### Special Recreation Division

**Special Recreation Division Director**  
Lisa Ferguson  
799-5199  
[fergulg@ci.danville.va.us](mailto:fergulg@ci.danville.va.us)

**Ballou Recreation Center (Seniors)**  
760 West Main Street, Danville  
Office Phone: 799-5216  
Transportation Phone: 797-8994  
Fax: 797-8902  
[seniors@ci.danville.va.us](mailto:seniors@ci.danville.va.us)

**Senior Citizen Program Director**  
Shanette Jenkins  
[jenkisl@ci.danville.va.us](mailto:jenkisl@ci.danville.va.us)

**Senior Citizen Grant Director**  
Cindy Jones  
[jonesci@ci.danville.va.us](mailto:jonesci@ci.danville.va.us)

**Stonewall Therapeutic  
Recreation Center**  
119 Bradley Road, Danville  
Phone: 799-5199 or 799-5218

**Special Recreation Pro-  
gram Director**  
Charlene Presley  
[preslcj@ci.danville.va.us](mailto:preslcj@ci.danville.va.us)

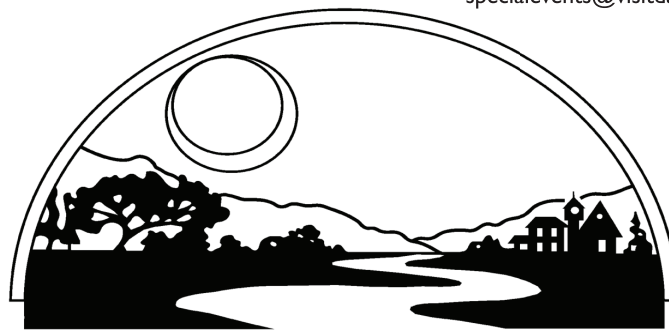
**Therapeutic Recreation Specialist**  
Belinda White  
[whiteba@ci.danville.va.us](mailto:whiteba@ci.danville.va.us)

#### Tourism Division

**Danville Welcome Center**  
645 River Park Drive, Danville, VA 24540  
Phone: 434-793-INFO  
(4636) Fax: 434-773-8198  
Email: [info@visitdanville.com](mailto:info@visitdanville.com)  
Web Address: [www.visitdanville.com](http://www.visitdanville.com)

**Tourism Division Director**  
Rosalee Maxwell  
[tourism@visitdanville.com](mailto:tourism@visitdanville.com)

**Assistant Tourism Director**  
Heather Vipperman  
[specialevents@visitdanville.com](mailto:specialevents@visitdanville.com)



# PARKS, RECREATION & TOURISM

## DANVILLE, VIRGINIA

### Program Registration Information

#### Registration

- Registration will be accepted on-site at any Parks, Recreation & Tourism program facility, by phone or online at [www.playdanvilleva.com](http://www.playdanvilleva.com). To register online, you can use the City's new ActiveNet System. In the brochure, each program listing will have a number beside the program title. Use this number to find the program in the Department's ActiveNet System. To get to the ActiveNet System link, go to [playdanvilleva.com](http://playdanvilleva.com). When registering for services online there will be a small convenience fee.
- Pre-registration is required for all classes, workshops and activities even when no fee is charged. Accurate enrollment figures allow for appropriate set-up and sufficient supplies.
- Registration by city residents is accepted on a "first come, first serve" basis. Fees shown include a City Resident Fee (CR) and a Non City Resident Fee (NCR). Non City Residents are eligible to participate in most Parks, Recreation & Tourism programs and services usually at a fee higher than that of City Residents. In some cases, City Residents are given an opportunity to register for programs prior to being offered to Non City Residents. City of Danville services are supported by City Resident tax dollars, this is why Non City Residents are asked to pay an additional fee for most programs and services to include class fees, rental fees, trip fees, open recreation fees, team fees, etc.
- Registration for some services requires a service fee, which is not refundable.
- Some programs/trips may require a deposit of up to 50% of the program/trip fee(s) at the time of registration. This fee may not always be refundable.
- Reservation of most facilities also requires a deposit at the time of reservation in order to hold a facility. A facility is not specifically reserved for you until a deposit is paid, all criteria are met and a reservation application has been approved.

#### Payment

Payment for a program is required prior to the first class meeting or by the earlier deadline indicated, and may be mailed, paid in person, completed by phone or online with the use of a MasterCard or Visa.

- Payment made within ten working days of the program or rental will only be accepted in cash, money order or by credit card. Attendance in a class is not allowed until payment is received. There is no reduction in the program fee due to high registration.
- The city charges a \$35.00 Service Fee for each bad check.



#### Cancellation

Danville Parks, Recreation & Tourism may find it necessary to cancel programs when insufficient registration is received. To make sure a program of interest to you is successful, please make sure you, your family and friends sign up early before the program is cancelled due to lack of registration.

In the event a program must be postponed due to inclement weather or the instructor's absence, a makeup session will be arranged. Makeup sessions for individuals who miss a program are not possible.

#### Refunds

- Refunds on recreation programs are not available, if the program has met at least one time.
- If a participant does not take a program after paying the registration fee, appropriate staff must be notified at least five (5) days prior to the start of the program. (Some trip/program costs may not be refunded in full – see staff for explanation of options.)
- Processing of refunds takes approximately three (3) weeks.
- For payment of some fees, a service charge will be added and this is not refundable.

#### Inclusion Statement

- The Danville Parks, Recreation & Tourism Department provides opportunities and recreation programs, which are open and accessible to all citizens in the city regardless of sex, religion, socioeconomic status and/or level of physical or mental ability. Persons with disabilities are encouraged to recreate with their peers by taking any class listed in this brochure. Please call Stonewall Therapeutic Recreation Center and we will have an inclusion specialist assist you with reasonable accommodations. Please give at least three weeks notice prior to the class or program start date to make these accommodations. It is our intent to provide a safe, successful and enjoyable experience for all.
- If any person with a disability wishes to participate in Therapeutic Programs geared toward specific disabilities, goals, and objectives, these are offered through Stonewall Therapeutic Recreation Center; (434) 799-5199.

### Facility Rentals and Reservations

The following buildings and outdoor facilities are available to rent or reserve for large and small gatherings. The rental fees even include clean up. Go to the Department's website through [playdanvilleva.com](http://playdanvilleva.com) and to the ActiveNet link to view the availability of the facilities listed below or you can call the numbers below. Application and reservation forms must be approved prior to confirmation of a facility use or rental.

#### Athletic Facilities

- **Ballfields/Tennis Courts** – 434.799.5150

#### Crossing at the Dan

Craghead Street, Downtown Historic Tobacco Warehouse District – 434.797.8961

- **Carrington Pavilion** - 702 Craghead Street
- **Community Market** - 29 Craghead Street
  - Community Room
  - Conference Room
- **Pepsi Building** - 661 Craghead Street

#### Recreation Centers

- **Ballou Recreation Center**  
Ballou Park – 760 W. Main St.
  - Nature Center - 434.799.5215
  - Senior Center – 434.799.5216
- **City Auditorium Recreation Center**  
125 N. Floyd Street – 434.797.8848
  - City Auditorium
  - Gymnasium
  - Fitness Center
- **Coates Recreation Center**  
1725 Westover Dr. – 434.799.6564
  - Climbing Wall
- **Glenwood Community Center**  
1550 Halifax Rd. – 434.799.6469
  - Climbing Wall
- **Squire Recreation Center**  
3194 North Main Street – 434.799.5214
- **Stonewall Recreation Center**  
119 Bradley Road - 434.799.5199

#### Park Facilities

- **Shelters, Picnic Sites, Playgrounds, Parks & Trails**  
Outdoor Recreation - 434.799.5215  
(Dan Daniel Memorial Park, Ballou Park, Camillia Williams Park, Grove Park, Anglers Park, Pumpkin Creek Park, Doyle Thomas Park, Riverwalk Trail)
- **Skate Park**  
Dan Daniel Memorial Park  
302 River Park Drive – 434.799.5215



### Partner In Play

For over 5 years, the Southern Virginia Mountain Bike Association (SVMBA) has spent countless hours devoting and volunteering time to help make Danville a biking destination on the East Coast. Not only has the club been recognized by the Virginia Recreation and Parks Society for the Best New Trail in Virginia for 2008, but has gained the acknowledgement from numerous local and regional media outlets, bike clubs, as well as bikers. Through SVMBA's continued support, Parks, Recreation & Tourism has been able to hold numerous events on the ever growing 18-miles of single-track trail. Through hard work and determination, SVMBA was able to host Danville's largest mountain bike race ever in June 2010, hosting a total of 190 bikers. With the continual support and unrelenting effort, this joint endeavor has proved to be a priceless asset to the City of Danville. The staff of Danville Parks, Recreation & Tourism would like to thank each member of the association for their contributions, time and effort as well as for their hard work to come. SVMBA is certainly a large contributor to play in Danville and a Partner In Play in the ongoing efforts to keep Danville in running (or biking) as a Playful City, USA.

Board Members of the Southern Virginia Mountain Bike Association from left to right: Berndie Lunsford, Robert Fuller, Kelly Brande, Chris Blevins, Chris Tompkins, Terry Blakely, Johnny Doak, and Assistant Director of Parks, Recreation & Tourism, Tish Lindsey.

Board Members not shown: Dr. Mark Hermann, Chris Wiles, Anne Moore-Sparks



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For more information on Parks, Recreation & Tourism Services go to the Department's Website at: [playdanvilleva.com](http://playdanvilleva.com)

## Danville Parks, Recreation & Tourism

P. O. Box 3300  
Danville, VA 24543

## FALL 2010

September, October & November